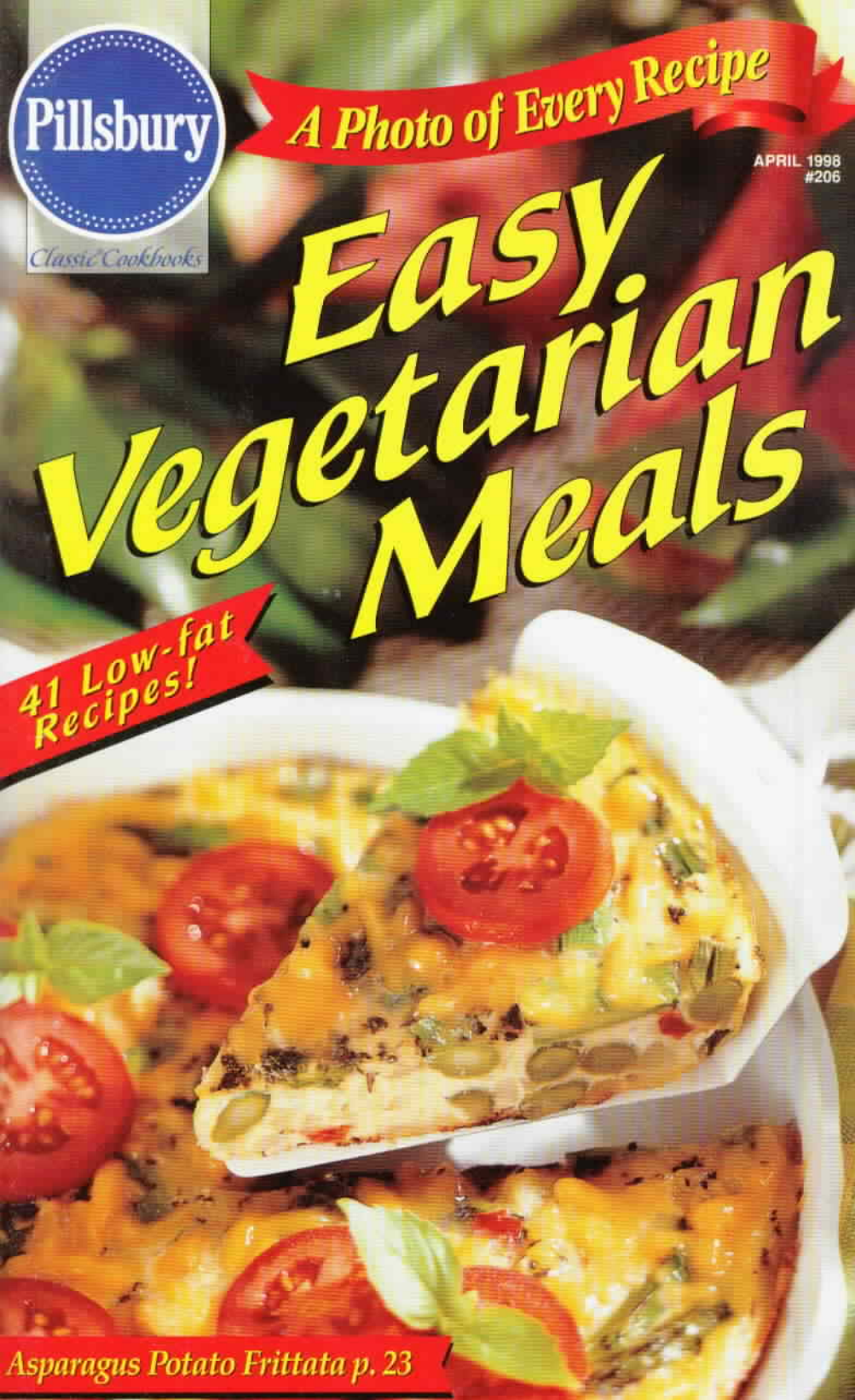
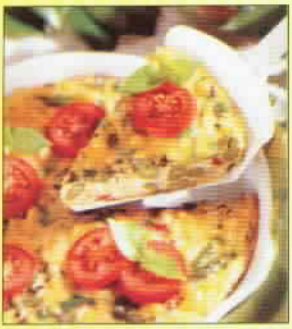

Pillsbury
Classic Cookbooks
A Photo of Every Recipe
APRIL 1998
#206
Easy Vegetarian Meals
41 Low-fat Recipes!
Asparagus Potato Frittata p. 23



Cover: Asparagus Potato Frittata p. 23

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Great Recipes Every Time

The recipes, preparation times and cook's notes in this cookbook have been developed and triple-tested in the Pillsbury Test Kitchens by professional home economists.

The Prep Time: minutes bar at the beginning of each recipe serves as a guide for the time needed to make a recipe. The "Prep Time" is the active "hands on" preparation time spent in the kitchen. The (Ready in minutes/hours) notation is added when a recipe requires additional time beyond the active prep time. For example, the "Ready in" time includes marinating, cooking, baking or grilling times as well as cooling, refrigerating or freezing times. Whenever possible, active prep time is done simultaneously with other steps.

In establishing these times, the following specifics also have been used:

- *The longest time in a cooking/baking range*
- *The shortest time for marinating ingredients*
- *No time is counted for heating the oven or grill*
- *The times listed are for the first cooking method if two methods are provided*

EASY This symbol indicates recipes that have six ingredients or less and are ready in 30 minutes or less.

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Easy Vegetarian Meals

Ravioli with Tomatoes and Zucchini p. 44

Main Dishes & Entrees 5

No one will miss the meat in these satisfying vegetarian main dishes.

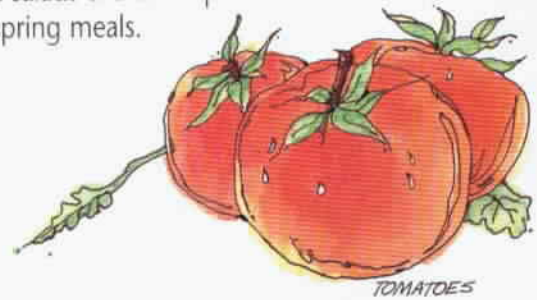
Pizzas & Sandwiches 57

Enjoy these choices for casual dinners, lunches or snacks.

Soups & Salads 73

Make these main-dish soups and salads the centerpiece of spring meals.

Three-Pepper Pizza p. 71



TOMATOES

In This Issue

What's Cookin'?	2
20-Minute Meal	34
Entertaining Menu	49
Cook's Know-How	64
Make It Special	78
Index	92
Nutrition Information	93

What's in a Name?

Vegetarians don't eat meat. But there's more than one type of vegetarian:

- Lacto-Ovo (lacto refers to milk; ovo to egg). These vegetarians do eat eggs, cheese and other dairy products.
- Lacto. Lacto vegetarians forego eggs.
- Vegan. Vegans avoid all foods of animal origin including eggs, dairy foods, gelatin and honey.

The **Index, p. 92,** categorizes the recipes in this book according to the above types.

Make the Exchange

Some of the recipes in this cookbook include meat exchanges in the nutrition information. A meatless recipe can include a meat exchange when ingredients such as dried beans, peas, lentils or tofu are used as a non-meat substitute for protein.

Who Knew? Tofu!

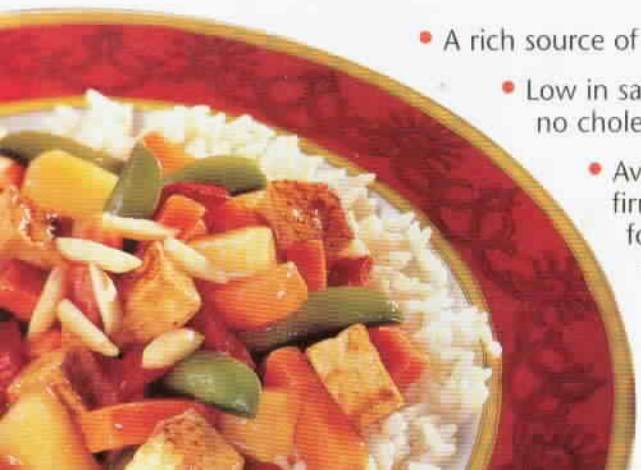
Here are some ideas for using tofu:

- Mash firm tofu with cottage cheese and seasonings for a sandwich spread.
- Stir dried onion soup mix into soft or silken tofu for a veggie or chip dip.
- Add chunks of firm tofu to soups, stews, salads and stir-frys.
- Blend silken tofu with melted chocolate chips and sugar or sweetener for an easy chocolate cream pie filling.

Tofu to You, Too!

A staple of the Asian diet, tofu — or soybean curd — is soft, cheese-like and versatile. Tofu has the knack of soaking up a wide variety of flavors. If you put it in a Szechuan stir-fry, it tastes spicy. If you blend it with chocolate, it can be used as a dessert filling. Tofu also is:

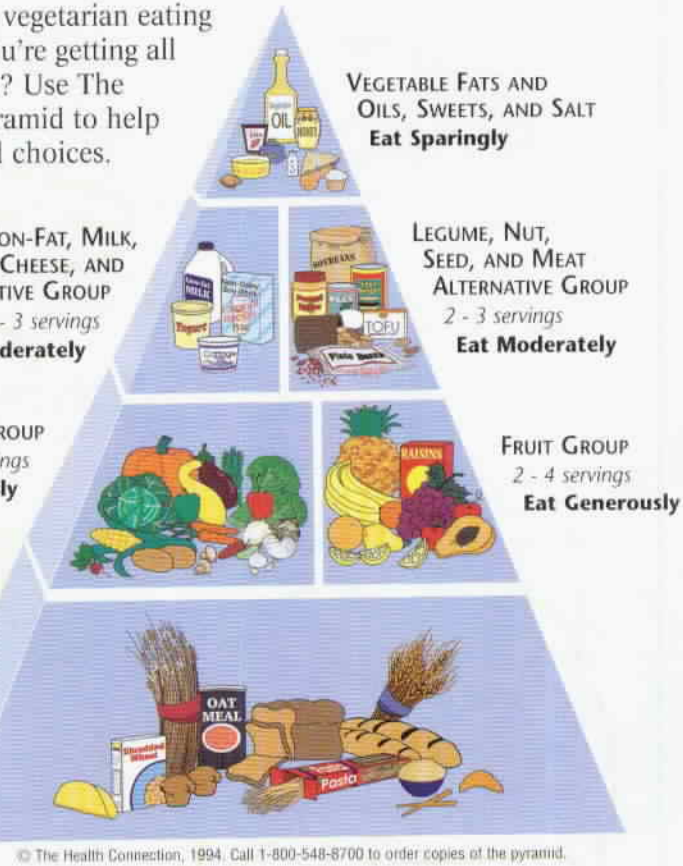
- A rich source of high-quality protein.
- Low in saturated fat and contains no cholesterol.
- Available in three forms: firm, which holds its shape for use in soups and stir-frys; soft, which is ideal for blended dishes; and silken, which is smooth and custard-like.



Sweet and Sour Tofu Stir-Fry p. 29

THE VEGETARIAN FOOD PYRAMID

Are you following a vegetarian eating plan but not sure you're getting all the proper nutrients? Use The Vegetarian Food Pyramid to help you make daily food choices.



VEGETABLE FATS AND OILS, SWEETS, AND SALT
Eat Sparingly

LOW-FAT OR NON-FAT, MILK, YOGURT, FRESH CHEESE, AND FORTIFIED ALTERNATIVE GROUP
2 - 3 servings
Eat Moderately

LEGUME, NUT, SEED, AND MEAT ALTERNATIVE GROUP
2 - 3 servings
Eat Moderately

VEGETABLE GROUP
3 - 5 servings
Eat Generously

FRUIT GROUP
2 - 4 servings
Eat Generously

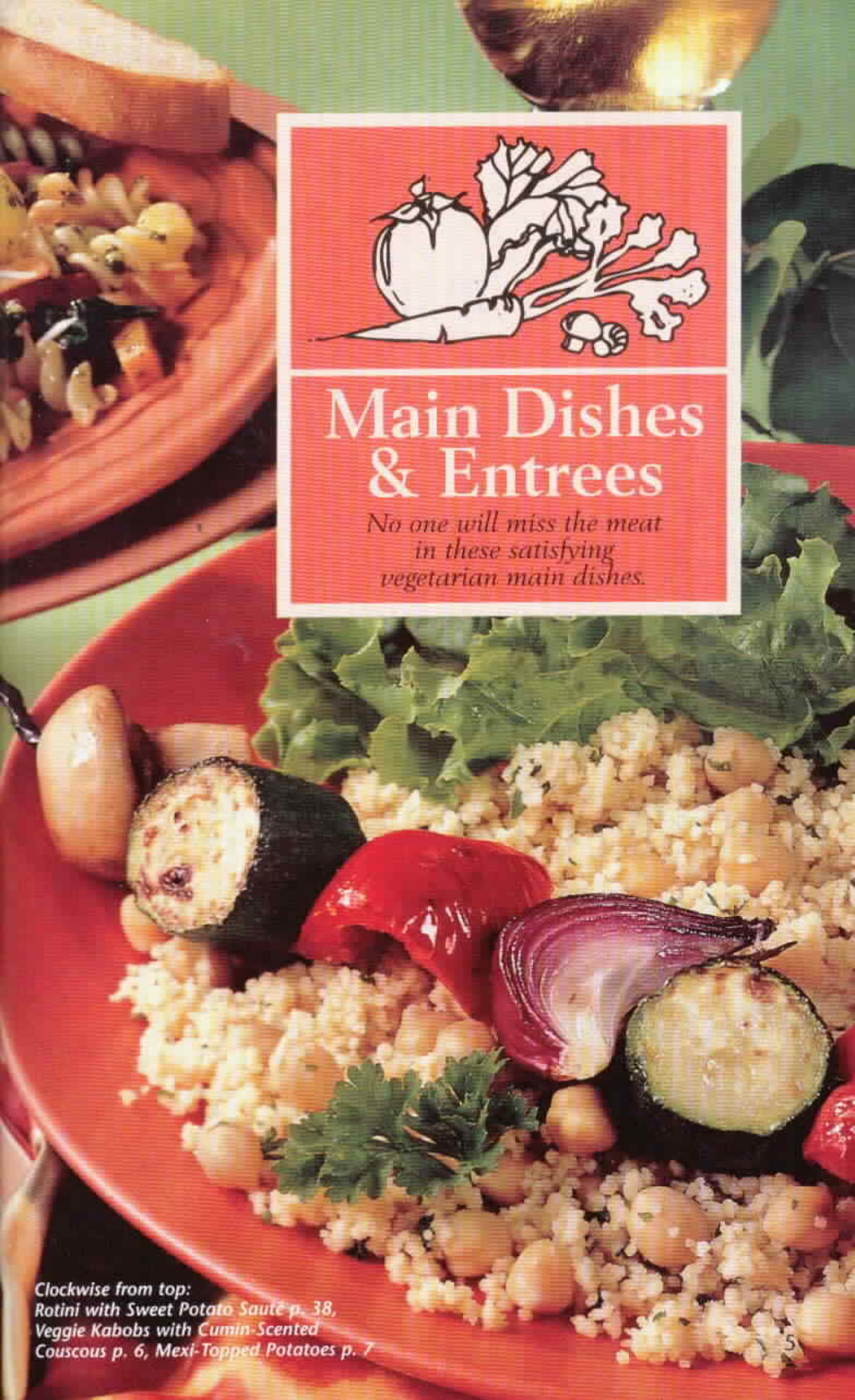
WHOLE GRAIN BREAD, CEREAL, PASTA, AND RICE GROUP
6 - 11 servings
Eat Liberally

© The Health Connection, 1994. Call 1-800-548-8700 to order copies of the pyramid.

When your *teen* says "*no*" to meat

Don't panic. Vegetarian eating can be very healthy. Teens are the fastest growing segment of vegetarians, but they need help in making food choices to create a balanced diet and to make sure they get enough iron, calcium and zinc.

For nutritious vegetarian snacks with teen appeal, keep your kitchen stocked with cereals, milk or soy milk, bagels, hummus, pita bread, bean dip, tortillas, ready-to-eat lentil and pea soups, veggie burgers, yogurt and dried fruit and nut mixes.



Main Dishes & Entrees

No one will miss the meat in these satisfying vegetarian main dishes.

Clockwise from top: Rotini with Sweet Potato Sauté p. 38, Veggie Kabobs with Cumin-Scented Couscous p. 6, Mexi-Topped Potatoes p. 7

Veggie Kabobs with Cumin-Scented Couscous

Pictured on page 5

Prep Time: 35 minutes

COUSCOUS

1 1/2 cups water
1 teaspoon vegetable-flavor instant bouillon
1 teaspoon cumin
1/8 teaspoon pepper
1/4 cup chopped fresh parsley
1 (15-oz.) can Green Giant® or Joan of Arc® Garbanzo Beans or Progresso® Chick Peas, drained, rinsed
1 cup uncooked couscous

KABOBS

8 fresh whole mushrooms
2 medium zucchini, cut into 1-inch-thick slices
1 medium red bell pepper, cut into 1 1/2-inch pieces
1/2 small red onion, cut into 8 wedges
2 tablespoons olive or vegetable oil
1 tablespoon white wine vinegar
1/4 teaspoon garlic salt

1 In medium saucepan, combine all couscous ingredients except couscous. Bring to a boil. Remove from heat; stir in couscous. Cover; let stand while broiling kabobs.

2 Meanwhile, spray broiler pan with nonstick cooking spray. Thread mushrooms, zucchini, bell pepper and onion onto four 12-inch metal skewers. Place on sprayed pan.

3 In small bowl, combine oil, vinegar and garlic salt; mix well. Brush over kabobs.

4 Broil 4 to 6 inches from heat for 10 to 12 minutes or until vegetables are crisp-tender, turning once halfway through cooking. Fluff couscous with fork; serve with kabobs.

4 servings

COOK'S NOTES

Ingredient Info

Cumin (KUH-mihn) is the dried fruit of a plant in the parsley family. Cumin is popular in Middle Eastern, Asian and Mediterranean cooking.

Ingredient Substitution

Baste the kabobs with 3 tablespoons of prepared vinaigrette dressing instead of the oil and vinegar mixture.

Healthy Hint

This low-fat entree has complete protein provided by couscous and garbanzo beans, while the veggies are an excellent source of vitamins A and C.

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/4 of Recipe

Calories	380	Calories from Fat	80
		% DAILY VALUE	
Total Fat	9 g	14%	
Saturated	1 g	5%	
Cholesterol	0 mg	0%	
Sodium	610 mg	25%	
Total Carbohydrate	60 g	20%	
Dietary Fiber	9 g	36%	
Sugars	5 g		
Protein	14 g		
Vitamin A	20%	Vitamin C	40%
Calcium	8%	Iron	15%

DIETARY EXCHANGES: 3 Starch, 3 Vegetable, 1-1/2 Fat
OR 3 Carbohydrate, 3 Vegetable, 1-1/2 Fat

Serving Suggestion

Make this Middle Eastern meal complete with warm wedges of pita bread and a salad of sliced cucumbers, sweet onions and tomatoes served with plain yogurt.

Mexi-Topped Potatoes

EASY

Pictured on page 4

Prep Time: 10 minutes

2 medium baking potatoes
1⅓ cups Green Giant® Frozen Harvest Burgers® for Recipes™ Prebrowned All Vegetable Protein Crumbles (from 12-oz. pkg.)
⅔ cup Old El Paso® Thick 'n Chunky Salsa
1 teaspoon chili powder
¼ cup water
2 tablespoons sour cream

1 Pierce potatoes with fork. Place on microwave-safe paper towel in microwave. Microwave on HIGH for 5 to 7 minutes or until tender, turning and rearranging potatoes once halfway through cooking.

2 Meanwhile, in medium saucepan, combine frozen protein crumbles, salsa, chili powder and water; mix well. Cook over low heat for 4 to 5 minutes or until thoroughly heated, stirring occasionally.

3 To serve, cut potatoes in half lengthwise; mash slightly with fork. Spoon protein crumbles mixture over potatoes. Top each with 1 tablespoon sour cream.

2 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/2 of Recipe

Calories	280	Calories from Fat	20
		% DAILY VALUE	
Total Fat	2 g	3%	
Saturated	1 g	5%	
Cholesterol	3 mg	1%	
Sodium	880 mg	37%	
Total Carbohydrate	47 g	16%	
Dietary Fiber	8 g	32%	
Sugars	7 g		
Protein	18 g		
Vitamin A	15%	Vitamin C	20%
Calcium	8%	Iron	20%

DIETARY EXCHANGES: 3 Starch, 1 Very Lean Meat
OR 3 Carbohydrate, 1 Very Lean Meat

COOK'S NOTES

Ingredient Info

In addition to nutritional benefits, Green Giant® Harvest Burgers® for Recipes™ provides speed and convenience. Since the product needs no browning or draining as you would for ground beef, you simply combine and heat the ingredients.

Make It Special

Offer a colorful array of appetizing toppings such as shredded cheese, chopped bell peppers, tomatoes, green onions and/or sliced ripe olives.

Recipe Variation

For a vegan version, omit the sour cream.

Bulgur-Stuffed Eggplant

Pictured on page 11

Prep Time: 30 minutes (Ready in 45 minutes)

1 small eggplant (1 lb.)
2 teaspoons olive or vegetable oil
1/4 cup chopped onion
1 garlic clove, minced
1/2 cup uncooked bulgur
1 teaspoon vegetable-flavor instant bouillon
1/4 teaspoon salt
1/4 teaspoon dried Italian seasoning
1/8 teaspoon pepper
1 cup water
1 medium tomato, seeded, chopped (2/3 cup)
2 tablespoons shredded fresh Parmesan cheese
2 tablespoons chopped fresh parsley

1 Heat oven to 375°F. Cut eggplant in half lengthwise. Scoop out pulp, leaving 1/4-inch-thick shells. Coarsely chop pulp; set aside. Place shells, cut side down, in 12x8-inch (2-quart) baking dish. Pour about 1/4 cup water into dish. Cover with foil. Bake at 375°F. for 15 minutes.

2 Meanwhile, heat oil in medium saucepan over medium-high heat until hot. Add onion, garlic and eggplant pulp; cook 1 to 2 minutes or until garlic just begins to brown, stirring constantly.

COOK'S NOTES

Ingredient Info

Purchase a firm, smooth-skinned eggplant that feels heavy for its size. Avoid those with soft or bruised spots. Eggplant is quite perishable; store it in a cool, dry place and use it within one or two days, or refrigerate it for a day or two longer.

Recipe Variation

Make this a vegan entree by simply omitting the Parmesan cheese. Garnish the stuffed eggplant with small ripe olives and extra chopped fresh parsley.

3 Add bulgur, bouillon, salt, Italian seasoning, pepper and water; mix well. Bring to a boil. Reduce heat; cover and simmer about 15 minutes or until bulgur is tender and liquid is absorbed.

4 Stir cooked bulgur mixture. Stir in tomato, cheese and parsley. Spoon mixture into eggplant shells.

5 Bake at 375°F. for 10 to 15 minutes or until shells are tender and bulgur mixture is thoroughly heated. If desired, add salt and pepper to taste and sprinkle with additional cheese.

2 servings

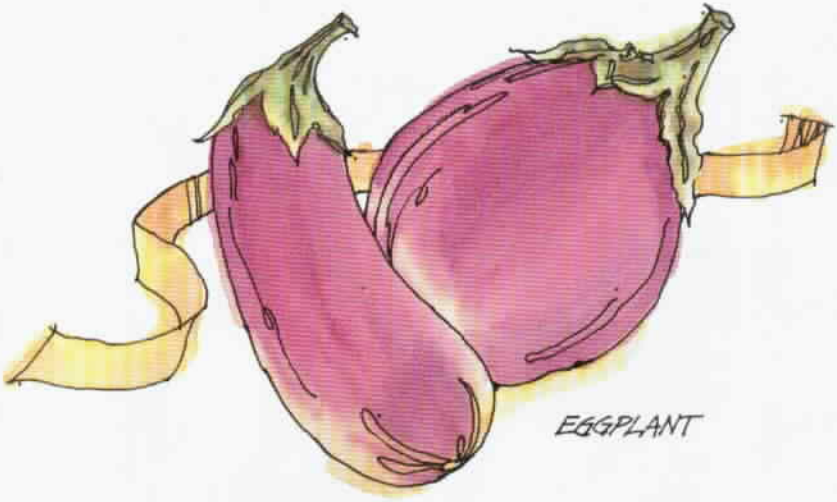
NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/2 of Recipe

Calories	290	Calories from Fat	70
		% DAILY VALUE	
Total Fat	8 g	12%	
Saturated	2 g	10%	
Cholesterol	4 mg	1%	
Sodium	1050 mg	44%	
Total Carbohydrate	44 g	15%	
Dietary Fiber	12 g	48%	
Sugars	9 g		
Protein	10 g		
Vitamin A	15%	Vitamin C	25%
Calcium	10%	Iron	10%

DIETARY EXCHANGES: 3 Starch, 1 Fat
OR 3 Carbohydrate, 1 Fat

Serving Suggestion

A spinach, orange and red onion salad or tossed green salad dressed with red wine vinaigrette is a fresh companion to this hearty entree. Serve it with crisp breadsticks.



Left to right:
Penne with Artichoke Sauce and Feta p. 42
Bulgur-Stuffed Eggplant p. 8

Peppers Olé

Pictured on left

Prep Time: 30 minutes (Ready in 1 hour 25 minutes)

2 cups cooked rice (cook as directed on package)
4 oz. (1 cup) shredded sharp Cheddar cheese
½ cup sour cream
1 (15-oz.) can Green Giant® or Joan of Arc® Spicy Chili Beans, undrained
1 (11-oz.) can Green Giant® Mexicorn® Whole Kernel Corn, Red and Green Peppers, drained
4 large green bell peppers, halved lengthwise, seeded
½ cup Old El Paso® Thick 'n Chunky Salsa
8 tortilla chips
Fresh cilantro, if desired

1 Heat oven to 350°F. In medium bowl, combine cooked rice, cheese, sour cream, chili beans and corn; mix well.

2 Spoon heaping ½ cup filling into each bell pepper half. Place filled pepper halves in ungreased 13x9-inch (3-quart) baking dish or pan. Cover with foil.

3 Bake at 350°F. for 50 to 60 minutes or until peppers are tender. Top each pepper with 1 tablespoon salsa, 1 tortilla chip and cilantro.

8 servings

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1/8 of Recipe

Calories	250	Calories from Fat	80
		% DAILY VALUE	
Total Fat	9 g	14%	
Saturated	5 g	25%	
Cholesterol	20 mg	7%	
Sodium	540 mg	23%	
Total Carbohydrate	33 g	11%	
Dietary Fiber	4 g	16%	
Sugars	6 g		
Protein	9 g		
Vitamin A	15%	Vitamin C	40%
Calcium	15%	Iron	10%

Low-Fat

DIETARY EXCHANGES: 2 Starch, 1 Vegetable, 1-1/2 Fat
OR 2 Carbohydrate, 1 Vegetable, 1-1/2 Fat

COOK'S NOTES

Healthy Hint

Reduce the fat by about 3 grams per serving by using reduced-fat Cheddar cheese and light sour cream.

Microwave Option

Place bell peppers and 2 tablespoons water in ungreased 13x9-inch (3-quart) microwave-safe dish, or divide peppers and water between two 8-inch (2-quart) microwave-safe dishes. Cover with microwave-safe plastic wrap and microwave on HIGH for 2 minutes; drain. Fill each pepper with ½ cup filling. Cover and microwave 13x9-inch dish on HIGH for 15 to 16 minutes or until peppers are tender. Microwave each 8-inch dish separately for 6 to 8 minutes. Garnish peppers with salsa, tortilla chips and cilantro.

Make It Special

Offer an assortment of toppings such as sliced green onions, chopped green chiles, chopped tomatoes and sliced ripe olives.

Top to bottom:
Mexican Rice and Veggie Skillet p. 39,
Peppers Olé

Coconut Curried Vegetables with Rice

Pictured on right

Prep Time: 20 minutes

3 cups hot cooked rice (cooked as directed on package)
2 tablespoons Pillsbury BEST® All Purpose Flour
1½ teaspoons curry powder
½ teaspoon salt
⅛ teaspoon pepper
1 (14-oz.) can light coconut milk
1 teaspoon lime juice
1 (1-lb.) pkg. Green Giant Select® Frozen Broccoli, Cauliflower and Carrots
1 cup Green Giant® Frozen Sweet Peas

1 While rice is cooking, in small bowl, combine flour, curry powder, salt, pepper and ¼ cup of the coconut milk; beat with wire whisk until smooth. Stir in remaining coconut milk and lime juice. Set aside.

2 In large saucepan, combine frozen vegetables and peas and ½ cup water. Bring to a boil. Reduce heat; cover and simmer 6 to 8 minutes or until vegetables are crisp-tender. Drain; set aside.

3 Pour coconut milk mixture into same saucepan. Bring to a boil, stirring constantly. Boil and stir 1 minute. Stir in vegetables. Cook over medium heat until thoroughly heated, stirring frequently. Serve over rice.

4 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/4 of Recipe

Calories	310	Calories from Fat	50
		% DAILY VALUE	
Total Fat	6 g	9%	
Saturated	5 g	25%	
Cholesterol	0 mg	0%	
Sodium	420 mg	18%	
Total Carbohydrate	55 g	18%	
Dietary Fiber	5 g	20%	
Sugars	9 g		
Protein	8 g		
Vitamin A	60%	Vitamin C	35%
Calcium	6%	Iron	35%

DIETARY EXCHANGES: 2 Starch, 1 Fruit, 2 Vegetable, 1 Fat **OR** 3 Carbohydrate, 2 Vegetable, 1 Fat

Low-Fat

COOK'S NOTES

Ingredient Info

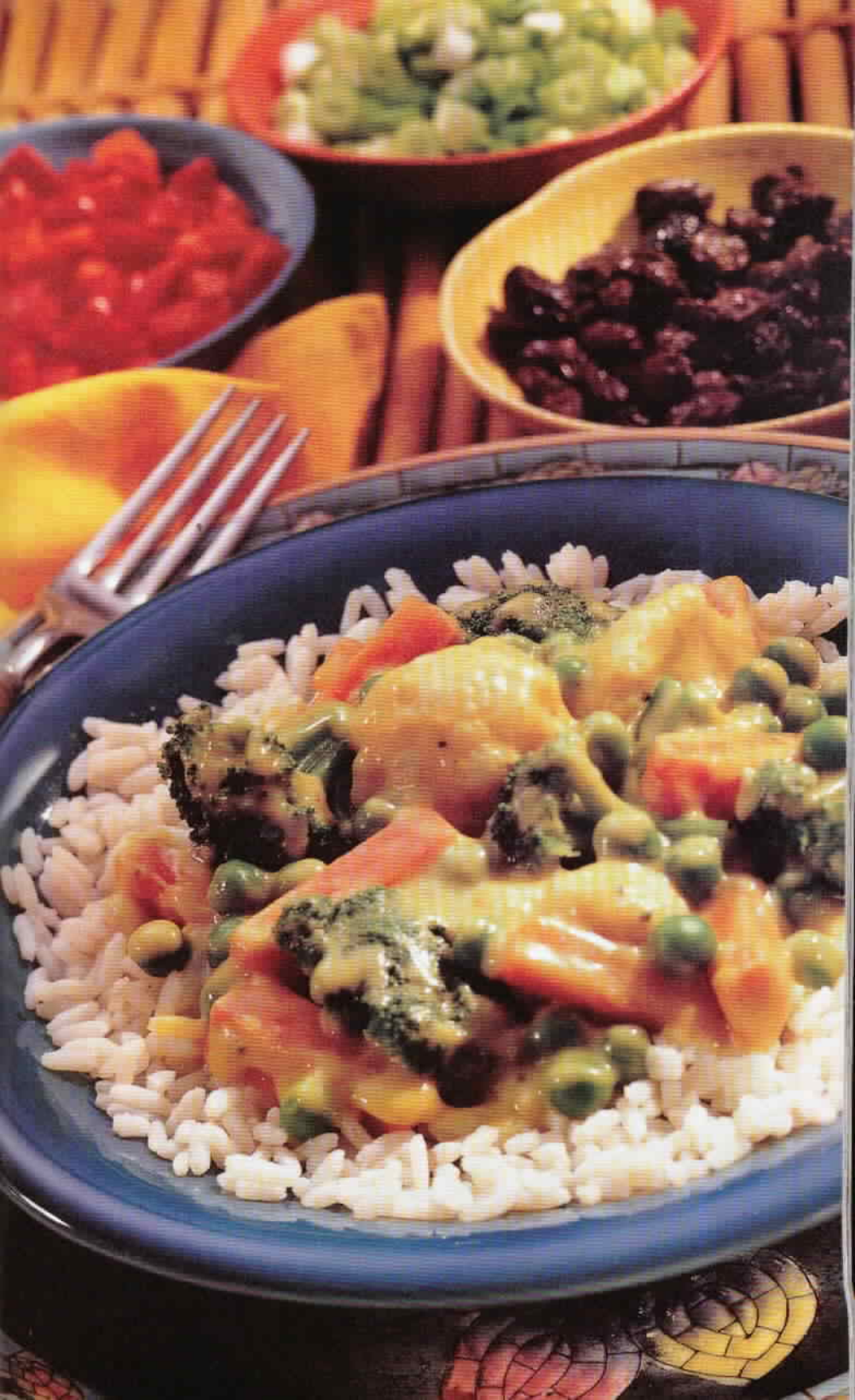
Coconut milk is made by simmering equal parts of water and shredded fresh coconut until foamy. The mixture is strained and as much liquid as possible is extracted from the coconut. Coconut milk and light coconut milk can be purchased in the beverage or international foods section of the supermarket. Cream of coconut, used mainly for desserts, is not a substitute for coconut milk.

Recipe Variation

For more protein in this entree, add one 15-ounce can of Green Giant® or Joan of Arc® Garbanzo Beans, drained and rinsed, with the vegetables.

Make It Special

Provide a selection of traditional Indian curry condiments such as raisins, chopped peanuts or cashews, toasted coconut, chopped green or red bell peppers, sliced green onions and chutney.



Garden Variety Risotto

Pictured on left

Prep Time: 40 minutes

1 tablespoon olive or vegetable oil
1½ cups uncooked short-grain Arborio rice
½ cup chopped onion
1 garlic clove, minced
3½ to 4 cups water
1 teaspoon salt
½ teaspoon dried marjoram leaves
⅛ teaspoon pepper
2 cups Green Giant® Frozen Mixed Vegetables
2 oz. (½ cup) shredded fresh Parmesan cheese

1 Heat oil in large saucepan over medium heat until hot. Add rice, onion and garlic; cook and stir 2 to 3 minutes or until onion begins to brown.

2 Stir in 2 cups of the water, salt, marjoram and pepper. Bring to a boil. Reduce heat to medium; cook 8 to 10 minutes or until most of water is absorbed, stirring frequently.

3 Continue to add water, ½ cup at a time, cooking and stirring until water is absorbed. When about 1 cup water remains to be added, stir in vegetables. Test rice for doneness, and continue adding ½ cup water at a time until rice is tender but still firm and creamy. (Process takes 15 to 20 minutes.)

4 Remove saucepan from heat. Stir in cheese. If desired, garnish with additional shredded fresh Parmesan cheese.

4 (1¼-cup) servings

NUTRITION INFORMATION PER SERVING:

SERVING SIZE:	1-1/4 Cups		
Calories	310	Calories from Fat	60
		% DAILY VALUE	
Total Fat	7 g	11%	
Saturated	3 g	15%	
Cholesterol	10 mg	3%	
Sodium	850 mg	35%	
Total Carbohydrate	50 g	17%	
Dietary Fiber	3 g	12%	
Sugars	3 g		
Protein	11 g		
Vitamin A	25%	Vitamin C	6%
Calcium	20%	Iron	20%

Low Fat

DIETARY EXCHANGES: 3 Starch, 1 Vegetable, 1 Fat
OR 3 Carbohydrate, 1 Vegetable, 1 Fat

Top to bottom:
Garden Variety Risotto,
Broccoli Rice Quiche p. 18

COOK'S NOTES

Ingredient Info

Short-grain Arborio rice is used for risotto because of its high starch content, which contributes the characteristic creamy, saucy consistency.

Ingredient Substitution

Dried basil leaves can be used in place of the dried marjoram leaves.

Serving Suggestion

Focaccia or sun-dried tomato bagels make a simple accompaniment to this hearty rice entree. For a light, refreshing dessert, try fresh fruit and biscotti.

Broccoli Rice Quiche

Pictured on page 16

Prep Time: 10 minutes (Ready in 50 minutes)

1½ cups milk
3 eggs
1 tablespoon Dijon mustard
¼ cup finely chopped onion
3 oz. (¾ cup) shredded Swiss cheese
1 (2-oz.) jar diced pimientos, drained
1½ cups chopped fresh broccoli
¾ cup uncooked instant brown or white rice

1 Heat oven to 350°F. Spray 9-inch pie pan with nonstick cooking spray. In large saucepan, heat milk until very hot but not boiling.

2 Meanwhile, in small bowl, beat eggs and mustard until well blended. Add onion, cheese and pimientos; mix well.

3 Stir broccoli and rice into hot milk. Slowly add egg mixture, stirring constantly. Pour into sprayed pan.

4 Bake at 350°F. for 30 to 35 minutes or until knife inserted in center comes out clean. Let stand 5 minutes before serving.

6 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/6 of Recipe

Calories	170	Calories from Fat	70
		% DAILY VALUE	
Total Fat	8 g	12%	
Saturated	4 g	20%	
Cholesterol	125 mg	42%	
Sodium	170 mg	7%	
Total Carbohydrate	14 g	5%	
Dietary Fiber	1 g	4%	
Sugars	4 g		
Protein	11 g		
Vitamin A	20%	Vitamin C	40%
Calcium	25%	Iron	4%

Low Fat

DIETARY EXCHANGES: 1 Starch, 1 Medium-Fat Meat, 1/2 Fat OR 1 Carbohydrate, 1 Medium-Fat Meat, 1/2 Fat

COOK'S NOTES

Healthy Hint

Reduced-fat Swiss cheese and skim milk will shave about 3 grams of fat from each serving of this colorful quiche.

Make It Special

Extra cheese and sliced vegetables quickly add eye-appeal: Sprinkle additional shredded cheese on top of the quiche and let it melt slightly before serving. Thinly sliced red bell pepper rings or Italian plum tomatoes make a colorful garnish.

Serving Suggestion

Kiwi fruit and strawberries contrast nicely with this savory quiche. Sliced bagels complete the menu.

Vegetarian Fried Rice

Pictured on page 31

Prep Time: 45 minutes

3 cups cooked instant brown rice (cooked as directed on package)
½ cup sliced fresh mushrooms
½ cup shredded carrot
¼ cup sliced green onions
¼ cup chopped green bell pepper
¼ teaspoon ginger
1 garlic clove, minced
2 tablespoons lite soy sauce
2 eggs, beaten
⅛ teaspoon pepper
¾ cup Green Giant® Frozen Sweet Peas, thawed

1 While rice is cooking, spray large nonstick skillet or wok with nonstick cooking spray. Heat over medium heat until hot. Add mushrooms, carrot, onions, bell pepper, ginger and garlic; cook and stir 1 minute.

2 Reduce heat to low. Stir in cooked rice and soy sauce; cook 5 minutes, stirring occasionally.

3 Push rice mixture to side of skillet; add eggs and pepper to other side. Cook over low heat for 3 to 4 minutes, stirring constantly until eggs are cooked.

4 Add peas to rice and egg mixture; stir gently to combine. Cook until thoroughly heated. If desired, serve with additional soy sauce.

3 (1⅓-cup) servings

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1-1/3 Cups

Calories	350	Calories from Fat	50
		% DAILY VALUE	
Total Fat	6 g	9%	
Saturated	1 g	5%	
Cholesterol	140 mg	47%	
Sodium	540 mg	23%	
Total Carbohydrate	62 g	21%	
Dietary Fiber	6 g	24%	
Sugars	3 g		
Protein	13 g		
Vitamin A	120%	Vitamin C	20%
Calcium	4%	Iron	10%

DIETARY EXCHANGES: 4 Starch, 1/2 Vegetable, 1/2 Fat
OR 4 Carbohydrate, 1/2 Vegetable, 1/2 Fat

Low-Fat

COOK'S NOTES

Ingredient Substitution

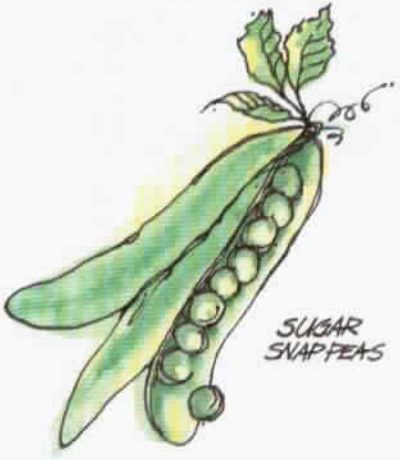
Cooked white rice can be used in place of the cooked brown rice. And to vary the flavor, substitute exotic mushrooms such as morel, shiitake or wood ear.

Kitchen Tip

Quickly thaw peas by placing them in a colander and rinsing them with cool water; drain well.

Serving Suggestion

Crunchy sesame seed breadsticks and a salad of sliced cucumbers and onions with sweetened rice vinegar go well with this Asian-style entree.



Corn Cakes with Orange-Black Bean Salsa

Pictured on right

Prep Time: 30 minutes

SALSA

- **1 (15-oz.) can Green Giant®, Joan of Arc® or Progresso® Black Beans, drained, rinsed**
- **1/4 cup sliced green onions**
- **1 medium orange, peeled, chopped**
- **2 teaspoons sugar**
- **1/2 teaspoon grated lime peel**
- **1/4 teaspoon salt**
- **1/8 teaspoon hot pepper sauce**

CORN CAKES

- **3/4 cup milk**
- **2 eggs**
- **2/3 cup Pillsbury BEST® All Purpose Flour**
- **1/2 cup yellow cornmeal**
- **2 tablespoons sugar**
- **1 teaspoon baking powder**
- **3/4 teaspoon salt**
- **1/8 teaspoon ground red pepper (cayenne)**
- **2 cups Green Giant® Niblets® Frozen Corn, thawed**

1 In medium bowl, combine all salsa ingredients; mix well. Cover; let stand at room temperature to blend flavors.

2 In another medium bowl, combine milk and eggs; beat well. Lightly spoon flour into measuring cup; level off. Add flour, cornmeal, 2 tablespoons sugar, baking powder, salt and ground red pepper to milk mixture; stir just until dry ingredients are moistened and large lumps disappear. Stir in corn.

3 Heat nonstick griddle or large skillet to medium-high heat (375°F.). Lightly grease heated griddle. For each corn cake, pour about 1/4 cup batter onto hot griddle, spreading batter to 4-inch diameter. Cook 2 to 3 minutes, turning when edges look cooked and bubbles begin to break on surface. Continue to cook about 2 minutes or until golden brown. Repeat to make 12 corn cakes. Serve with salsa.

4 servings

COOK'S NOTES

Ingredient Substitution

For an easy substitution, canned mandarin orange segments, drained and chopped, can be substituted for the fresh orange.

Healthy Hint

This recipe combines the complementary plant proteins from corn and from black beans to provide a complete protein dish.

Serving Suggestion

Garnish the corn cakes with dollops of sour cream, and serve wedges of honeydew alongside.

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/4 of Recipe

Calories	390	Calories from Fat	45
		% DAILY VALUE	
Total Fat	5 g	8%	
Saturated	2 g	10%	
Cholesterol	110 mg	37%	
Sodium	940 mg	39%	
Total Carbohydrate	70 g	23%	
Dietary Fiber	9 g	36%	
Sugars	18 g		
Protein	16 g		
Vitamin A	10%	Vitamin C	35%
Calcium	20%	Iron	20%

DIETARY EXCHANGES: 4 Starch, 2 Vegetable, 1/2 Fat
OR 4 Carbohydrate, 2 Vegetable, 1/2 Fat

COOK'S NOTES

Ingredient Substitution

Use 3 cups Green Giant® Frozen Broccoli Cuts in place of the chopped broccoli. Cut the cooked broccoli into ½-inch pieces.

Recipe Fact

Timbales (TIHM-buhlz) traditionally consist of custard or creamy rice mixed with vegetables, cheese, meat or seafood, and baked in ramekins or custard cups. The individual portions are unmolded and served with a white sauce. Our timbales are made with polenta.

Serving Suggestion

A crisp green salad adds pleasing texture and contrast to the molded timbales. A crusty Italian bread and white wine complete the meal.

Broccoli Polenta Timbales

Pictured on page 46

Prep Time: 20 minutes

3 cups Green Giant® Frozen Chopped Broccoli
3 cups water
1½ cups yellow cornmeal
¼ teaspoon salt
⅛ teaspoon pepper
3 oz. (¾ cup) shredded Cheddar cheese
1 (10-oz.) container refrigerated light Alfredo sauce

1 Spray six 6-oz. custard cups or ramekins with nonstick cooking spray. Set aside.

2 Cook broccoli as directed on package. Drain; cover to keep warm.

3 Meanwhile, in large saucepan, combine 1 cup of the water and cornmeal; mix until smooth. Stir in remaining 2 cups water, salt and pepper until well mixed. Bring to a boil over medium-high heat, stirring frequently. Reduce heat to medium-low; cook 5 minutes, stirring occasionally.

4 Remove saucepan from heat; stir in cheese and broccoli. Spoon mixture into sprayed custard cups; level off. Let stand 5 minutes.

5 Meanwhile, in small saucepan, heat Alfredo sauce; cover to keep warm.

6 To serve, run thin knife around edges of each custard cup. Invert each onto plate; remove cups. Serve with warm Alfredo sauce. If desired, sprinkle with additional shredded Cheddar cheese.

6 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/6 of Recipe

Calories	270	Calories from Fat	100
		% DAILY VALUE	
Total Fat	11 g	17%	
Saturated	6 g	30%	
Cholesterol	30 mg	10%	
Sodium	430 mg	18%	
Total Carbohydrate	31 g	10%	
Dietary Fiber	4 g	16%	
Sugars	4 g		
Protein	11 g		
Vitamin A	10%	Vitamin C	30%
Calcium	25%	Iron	8%

DIETARY EXCHANGES: 1-1/2 Starch, 1 Vegetable, 1/2 High-Fat Meat, 1-1/2 Fat **OR** 1-1/2 Carbohydrate, 1 Vegetable, 1/2 High-Fat Meat, 1-1/2 Fat

Asparagus Potato Frittata

Pictured on cover

Prep Time: 35 minutes

6 eggs, beaten
½ cup milk
1 teaspoon dried basil leaves
¾ teaspoon salt
¼ teaspoon garlic powder
⅛ teaspoon pepper
½ lb. fresh asparagus spears, trimmed, cut into 1-inch pieces
3 cups frozen potatoes O'Brien with onions and peppers (from 24-oz. pkg.), thawed
2 oz. (½ cup) shredded Cheddar cheese

1 In medium bowl, combine eggs, milk, basil, salt, garlic powder and pepper; mix well. Set aside.

2 Spray 10-inch nonstick skillet with nonstick cooking spray. Heat over medium-high heat until hot. Add asparagus; cook and stir 2 minutes. Add potatoes; cook and stir 3 minutes.

3 Reduce heat to low. Pour egg mixture into skillet. Cover loosely; cook 15 to 20 minutes or until center is set, lifting edges occasionally to allow uncooked egg mixture to flow to bottom of skillet.

4 Sprinkle with cheese. Cover; cook 1 to 2 minutes or until cheese is melted. Cut into 8 wedges.

4 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/4 of Recipe

Calories	270	Calories from Fat	120
		% DAILY VALUE	
Total Fat	13 g	20%	
Saturated	6 g	30%	
Cholesterol	335 mg	112%	
Sodium	630 mg	26%	
Total Carbohydrate	20 g	7%	
Dietary Fiber	3 g	12%	
Sugars	5 g		
Protein	17 g		
Vitamin A	25%	Vitamin C	20%
Calcium	20%	Iron	15%

Low Fat

DIETARY EXCHANGES: 1 Starch, 1 Vegetable, 1-1/2 Medium-Fat Meat, 1 Fat **OR** 1 Carbohydrate, 1 Vegetable, 1-1/2 Medium-Fat Meat, 1 Fat

COOK'S NOTES

Healthy Hint

Reduce the fat in each serving by about 9 grams by using 1½ cups of refrigerated or frozen fat-free egg product, thawed, in place of the eggs, and reduced-fat Cheddar cheese.

Kitchen Tip

Frozen potatoes thaw quickly in the microwave: Place them in a microwave-safe bowl and microwave on MEDIUM for 3 to 4 minutes or just until thawed, turning the bowl once during cooking.

Make It Special

Garnish the frittata with slices of Italian plum tomatoes and fresh basil sprigs.

Serving Suggestion

For an easy brunch, serve the frittata with fresh melon and muffins or flavored hearth-baked rolls, such as tomato-basil or Greek olive.

Spinach Potato Loaf

Pictured on right

Prep Time: 20 minutes (Ready in 1 hour 10 minutes)

LOAF

- **3 eggs, beaten**
- **4 cups frozen hash-brown potatoes, thawed**
- **2 cups Green Giant® Frozen Cut Leaf Spinach, thawed, squeezed to drain**
- **1 cup Progresso® Italian Style Bread Crumbs**
- **½ cup chopped onion**
- **1 (4-oz.) can Green Giant® Mushroom Pieces and Stems, drained, chopped**
- **½ teaspoon salt**
- **¼ teaspoon coarse ground black pepper**
- **⅛ teaspoon nutmeg**

SAUCE

- **1 (10 ¾-oz.) can condensed cream of mushroom with roasted garlic and herbs creative recipe soup**
- **⅓ cup milk**

1 Heat oven to 350°F. Spray 8x4-inch loaf pan with nonstick cooking spray. In large bowl, combine all loaf ingredients; mix well. Press mixture firmly in sprayed pan.

2 Bake at 350°F. for 45 to 50 minutes or until top is golden brown and loaf is firm. Remove loaf from oven; cool 5 minutes.

3 Meanwhile, in small saucepan, combine soup and milk; mix well. Cook over medium heat until hot, stirring frequently.

4 To serve, if necessary, loosen edges of loaf with knife; invert onto serving platter. Cut loaf into slices. Serve sauce over slices.

6 servings

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1/6 of Recipe

Calories	290	Calories from Fat	50
		% DAILY VALUE	
Total Fat	6 g	9%	
Saturated	2 g	10%	
Cholesterol	110 mg	37%	
Sodium	820 mg	34%	
Total Carbohydrate	47 g	16%	
Dietary Fiber	5 g	20%	
Sugars	4 g		
Protein	12 g		
Vitamin A	30%	Vitamin C	20%
Calcium	15%	Iron	20%

Low Fat

DIETARY EXCHANGES: 3 Starch, 1 Vegetable, 1/2 Fat
OR 3 Carbohydrate, 1 Vegetable, 1/2 Fat

COOK'S NOTES

Ingredient Substitution

Use 1 cup plain bread crumbs and ½ teaspoon dried Italian seasoning in place of the Italian-seasoned bread crumbs.

Kitchen Tips

If you prefer a darker sauce, stir ¼ teaspoon of brown bouquet sauce into the soup and milk mixture. See page 28 for information about brown bouquet sauce.

Thaw spinach by placing it in a colander and rinsing it with cool water until thawed; drain well. To thaw potatoes, place them in a microwave-safe bowl; microwave on MEDIUM for 3 to 4 minutes or just until thawed, turning once halfway through cooking.

Serving Suggestion

This hearty loaf and sauce goes well with steamed asparagus spears. Angel food cake served on sweetened raspberry puree completes the dinner. Serve iced tea as a beverage.

Top to bottom:
Spinach Potato Loaf,
Salisbury Veggie Burgers p. 28

COOK'S NOTES

Recipe Fact

Resembling large turnovers, calzones are pizzas stuffed with cheese and vegetables. The technique originated in Naples. Calzones are portable and easy to reheat in the microwave. Place one calzone on a microwave-safe paper towel and microwave on MEDIUM for 1 to 1½ minutes or until the cheese is melted and calzone is hot, turning once halfway through cooking.

Garden Vegetable Calzones

Pictured above

Prep Time: 20 minutes (Ready in 35 minutes)

8 fresh mushrooms, sliced (¾ cup)
1 small zucchini, halved lengthwise, thinly sliced (¾ cup)
½ red or yellow bell pepper, coarsely chopped (½ cup)
¼ cup sliced green onions
¼ teaspoon garlic salt
¼ teaspoon dried basil leaves
1 (10-oz.) can Pillsbury Refrigerated All Ready Pizza Crust
4 oz. (1 cup) shredded mozzarella or provolone cheese
1 egg white, beaten

1 Heat oven to 425°F. Spray cookie sheet with nonstick cooking spray. In medium bowl, combine mushrooms, zucchini, bell pepper and onions. Sprinkle with garlic salt and basil; mix well.

2 Unroll dough; place on sprayed cookie sheet. Roll dough into 14-inch square; cut into four 7-inch squares. Place ¼ cup cheese on half of each square; spread to within ½ inch of edge. Top each with ¼ of vegetable mixture.

3 Fold dough in half over filling; press edges firmly with fork to seal. Brush each with beaten egg white. With sharp knife, cut 2 or 3 slits in top of each for steam to escape.

4 Bake at 425°F. for 12 to 15 minutes or until golden brown.

4 calzones

NUTRITION INFORMATION PER SERVING:

SERVING SIZE:	1 Calzone		
Calories	290	Calories from Fat	60
		% DAILY VALUE	
Total Fat	7 g	11%	
Saturated	4 g	20%	
Cholesterol	15 mg	5%	
Sodium	670 mg	28%	
Total Carbohydrate	38 g	13%	
Dietary Fiber	2 g	8%	
Sugars	4 g		
Protein	16 g		
Vitamin A	15%	Vitamin C	25%
Calcium	25%	Iron	15%

Low Fat

DIETARY EXCHANGES: 2 Starch, 1 Vegetable, 1 High-Fat Meat **OR** 2 Carbohydrate, 1 Vegetable, 1 High-Fat Meat

Make It Special

Serve the calzones with heated pizza sauce or spaghetti sauce for dipping.

Recipe Variation

A variety of vegetables can be used to fill calzones. Use vegetables of a similar size and density so that the filling will cook evenly. Try broccoli, thinly sliced carrots, or three kinds of bell peppers. Although mozzarella is the traditional calzone cheese, try any of your favorites, such as Cheddar or Monterey Jack.

COOK'S NOTES

Ingredient Info

Brown bouquet sauce is a browning and seasoning sauce made from water, dried vegetables, spices and caramel coloring. A small amount of the sauce, which contains no animal products, adds body and a golden brown color to food. Look for it in the spices and seasonings section of the supermarket.

Make It Special

To make Burgundy Veggie Burgers, stir 2 tablespoons of Burgundy or another dry red wine into the broth mixture.

Serving Suggestion

Serve these saucy patties with skin-on mashed potatoes, cucumber and onion slices, and canned peach slices for dessert.

Salisbury Veggie Burgers

Pictured on page 25

EASY

Prep Time: 20 minutes

¼ cup chopped onion
1 (4-oz.) can Green Giant® Mushroom Pieces and Stems, drained
1 (12.8-oz.) pkg. Green Giant® Frozen Harvest Burgers® Original Flavor
1 cup ready-to-serve vegetable broth
1 teaspoon brown bouquet sauce
1 tablespoon cornstarch

1 Spray 12-inch skillet with nonstick cooking spray. Add onion and mushrooms; cook and stir over medium heat for 2 to 3 minutes or until tender. Push vegetables to sides of skillet. Add frozen burgers; cover and cook 5 to 8 minutes or until lightly browned, turning once.

2 Meanwhile, in small bowl, combine broth, bouquet sauce and cornstarch; blend well. Add to mixture in skillet; cook and stir 2 to 3 minutes or until bubbly and thickened.

4 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/4 of Recipe

Calories	160	Calories from Fat	35
		% DAILY VALUE	
Total Fat	4 g	6%	
Saturated	1 g	5%	
Cholesterol	0 mg	0%	
Sodium	740 mg	31%	
Total Carbohydrate	13 g	4%	
Dietary Fiber	6 g	24%	
Sugars	3 g		
Protein	19 g		
Vitamin A	0%	Vitamin C	0%
Calcium	8%	Iron	15%

Low-Fat

DIETARY EXCHANGES: 1 Vegetable, 2-1/2 Lean Meat

Sweet and Sour Tofu Stir-Fry

Pictured on page 37

EASY

Prep Time: 25 minutes

3 cups hot cooked rice (cooked as directed on package)
1 (12.3-oz.) pkg. firm or extra-firm tofu, drained, cut into ¾-inch cubes
1 (1 lb. 5-oz.) pkg. Green Giant® Create a Meal® Frozen Sweet & Sour Stir Fry Meal Starter
¼ cup slivered almonds

1 While rice is cooking, spray large nonstick skillet with nonstick cooking spray. Heat over medium-high heat until hot. Add tofu; cook 5 to 7 minutes or until lightly browned on all sides, turning carefully with spatula. Remove tofu from skillet.

2 Add frozen sauce from meal starter to skillet. Cover; heat until sauce is thawed, stirring frequently. Stir in frozen vegetables and pineapple. Cover; cook 7 to 10 minutes or until vegetables are crisp-tender, stirring occasionally.

3 Gently stir in tofu; cook 1 to 2 minutes or until tofu is thoroughly heated. Serve over rice. Sprinkle with almonds.

4 servings

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1/4 of Recipe

Calories	360	Calories from Fat	80
		% DAILY VALUE	
Total Fat	9 g	14%	
Saturated	1 g	5%	
Cholesterol	0 mg	0%	
Sodium	270 mg	11%	
Total Carbohydrate	56 g	19%	
Dietary Fiber	6 g	24%	
Sugars	12 g		
Protein	14 g		
Vitamin A	60%	Vitamin C	15%
Calcium	15%	Iron	40%

Low-Fat

DIETARY EXCHANGES: 3 Starch, 2 Vegetable, 1 Medium-Fat Meat, 1 Fat **OR** 3 Carbohydrate, 2 Vegetable, 1 Medium-Fat Meat, 1 Fat

COOK'S NOTES

Ingredient Info

Handle tofu gently; turn it carefully with a flat spatula to avoid breaking or crumbling the cubes. Lite tofu, which contains about half the fat of regular tofu, is also available.

Ingredient Substitution

Instead of rice, try this stir-fry over crunchy chow mein noodles, hot cooked vermicelli or angel hair pasta.

Serving Suggestion

Finish the meal with cool, refreshing sherbet and fortune cookies.

COOK'S NOTES

Ingredient Info

Mushrooms give texture to this vegetarian stir-fry. When thickly sliced, they are a delicious replacement for meat. They are available prepackaged, or in bulk in the produce section of the supermarket.

Ingredient Substitution

This stir-fry would be nice served over crunchy chow mein noodles or hot cooked rice.

Five-Spice Mushroom and Broccoli Stir-Fry

Pictured on right

Prep Time: 35 minutes

1 (7-oz.) pkg. uncooked vermicelli

SAUCE

½ cup orange juice
1 tablespoon cornstarch
¾ teaspoon Chinese five-spice powder
⅛ to ¼ teaspoon crushed red pepper flakes
2 tablespoons soy sauce
2 teaspoons honey

STIR-FRY

8 large mushrooms (12 oz.), cut into ¼-inch-thick slices
1 cup fresh baby carrots, quartered lengthwise
1 medium onion, cut into thin wedges
1 garlic clove, minced
3 cups small broccoli florets (about 6 oz.)

1 Cook vermicelli to desired doneness as directed on package. Drain; cover to keep warm.

2 Meanwhile, in small bowl, combine all sauce ingredients; mix until well blended. Set aside.

3 Spray large nonstick skillet with nonstick cooking spray. Heat over medium-high heat until hot. Add mushrooms, carrots, onion and garlic; cook and stir 4 minutes.

4 Add broccoli; cover and cook 2 to 4 minutes or until vegetables are crisp-tender, stirring occasionally. Add sauce; cook and stir 2 to 3 minutes or until bubbly and thickened. Serve over vermicelli.

4 servings

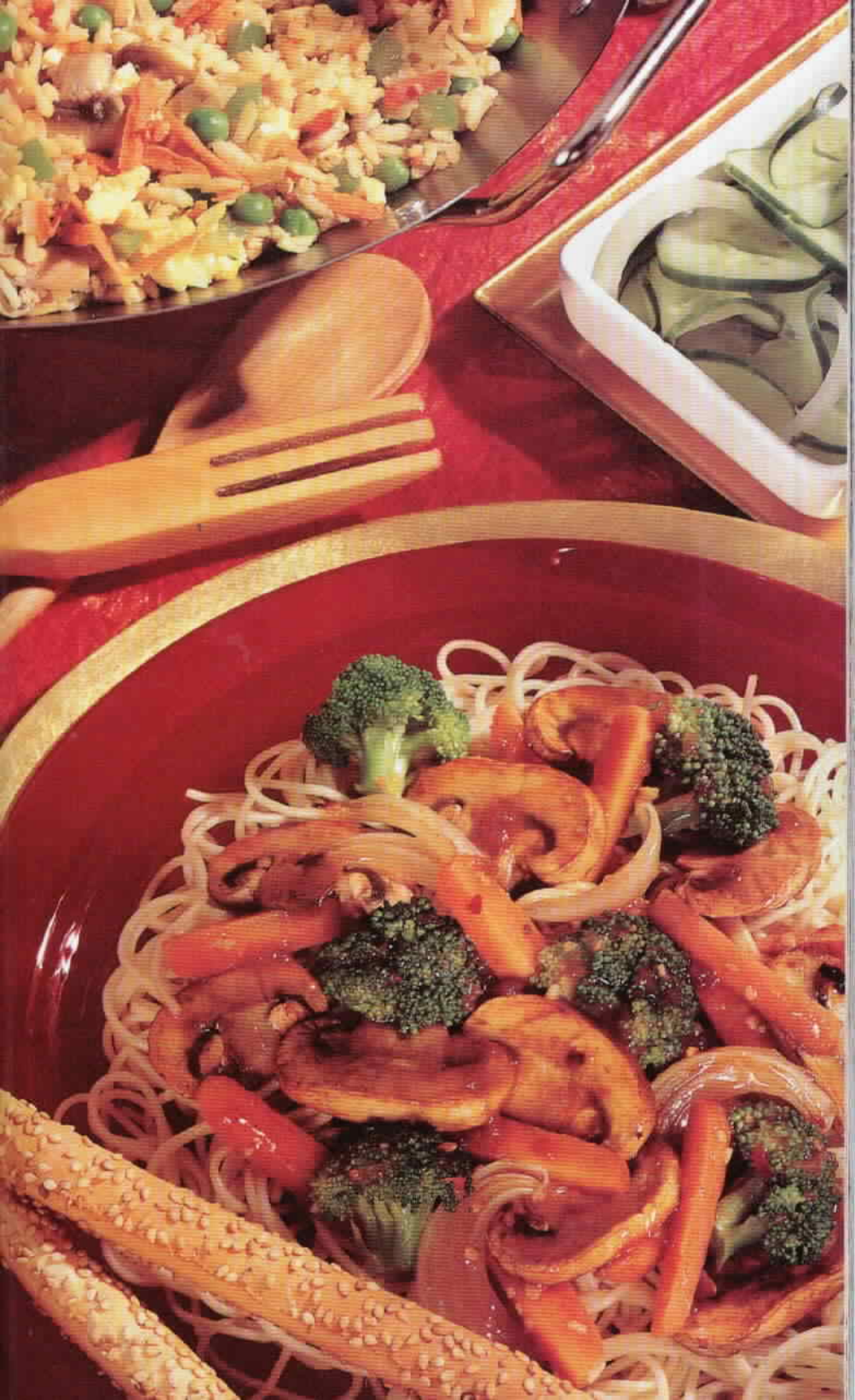
NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/4 of Recipe

Calories	300	Calories from Fat	20
		% DAILY VALUE	
Total Fat	2 g	3%	
Saturated	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	550 mg	23%	
Total Carbohydrate	59 g	20%	
Dietary Fiber	6 g	24%	
Sugars	13 g		
Protein	11 g		
Vitamin A	180%	Vitamin C	90%
Calcium	6%	Iron	25%

Low-Fat

DIETARY EXCHANGES: 3-1/2 Starch, 1 Vegetable
OR 3-1/2 Carbohydrate, 1 Vegetable

Top to bottom:
Vegetarian Fried Rice p. 19,
Five-Spice Mushroom and Broccoli Stir-Fry



Vegetable Chili Skillet Supper

Pictured on left

Prep Time: 25 minutes

1 tablespoon olive or vegetable oil
½ cup chopped onion
1 (1-lb.) pkg. Green Giant Select® Frozen Broccoli, Cauliflower and Carrots
1 (8-oz.) can tomato sauce
1 teaspoon chili powder
½ teaspoon sugar
¼ teaspoon salt
⅛ to ¼ teaspoon ground red pepper (cayenne)
1 (15.5-oz.) can Green Giant®, Joan of Arc® or Progresso® Pinto Beans, drained
4 oz. (1 cup) shredded Cheddar cheese

1 Heat oil in large skillet over medium-high heat until hot. Add onion and frozen vegetables; cook and stir 7 to 10 minutes or until vegetables are crisp-tender.

2 Add tomato sauce, chili powder, sugar, salt and ground red pepper. Bring to a boil. Reduce heat to low; simmer 5 minutes.

3 Add beans; simmer an additional 5 minutes or until thoroughly heated. Sprinkle with cheese.

3 (1⅓-cup) servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1 1/3 Cups

Calories	390	Calories from Fat	160
		% DAILY VALUE	
Total Fat	18 g	28%	
Saturated	9 g	45%	
Cholesterol	40 mg	13%	
Sodium	1120 mg	47%	
Total Carbohydrate	37 g	12%	
Dietary Fiber	10 g	40%	
Sugars	11 g		
Protein	19 g		
Vitamin A	100%	Vitamin C	60%
Calcium	40%	Iron	15%

DIETARY EXCHANGES: 2-1/2 Starch, 1-1/2 Lean Meat, 2-1/2 Fat **OR** 2-1/2 Carbohydrate, 1-1/2 Lean Meat, 2-1/2 Fat

COOK'S NOTES

Ingredient Info

Pinto beans are mild-flavored beans common in Mexican and southwestern cooking. Pinto beans are used to make refried beans, and can be added to chili. Rinse canned pinto beans in cold water to remove some of the sodium.

Healthy Hint

The broccoli and carrots make this recipe an excellent source of vitamin A, while the pinto beans contribute dietary fiber and protein.

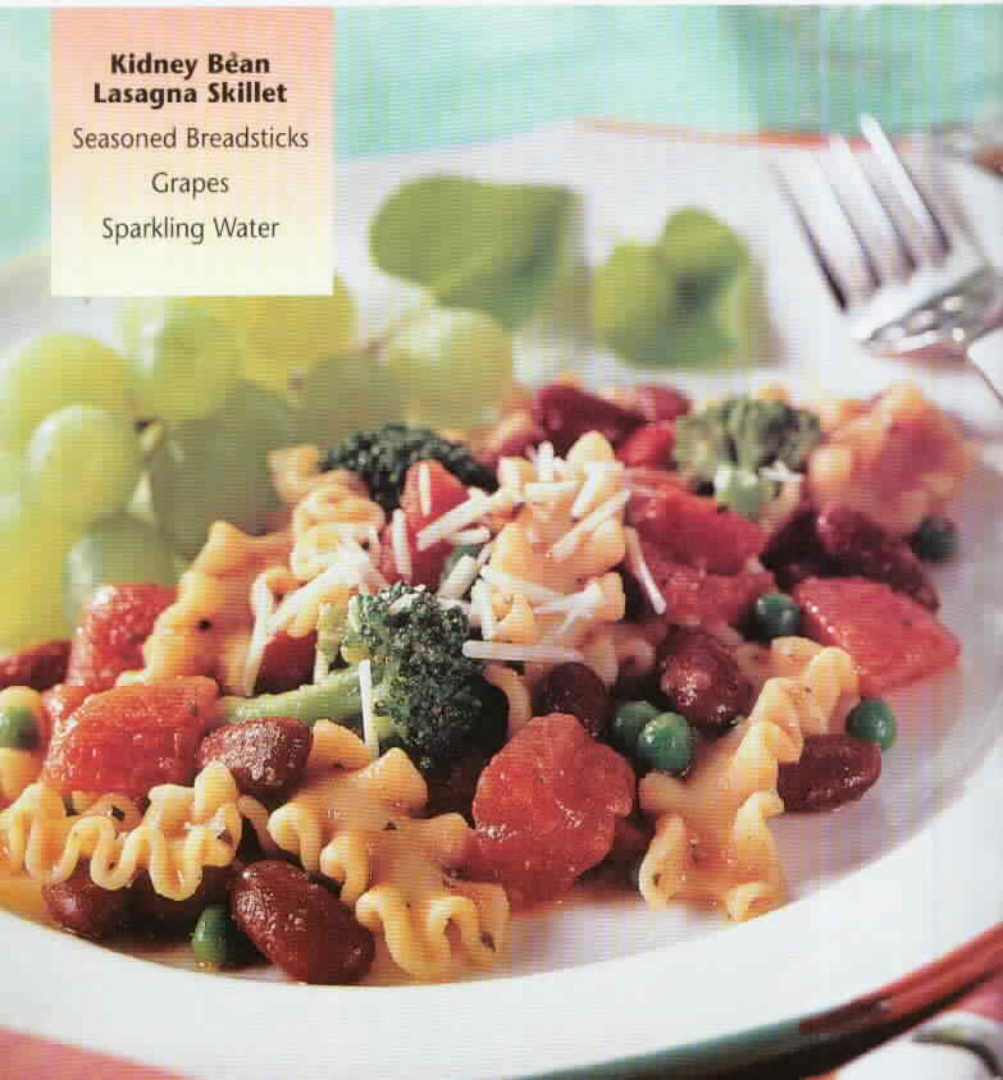
Serving Suggestion

Serve this skillet supper with warm cornbread and milk.

Faster Than Take-Out

It's easy to fall back on take-out meals when your time to prepare dinner is extra short. But this simple skillet supper is so quick to fix, it even beats take-out! With just one pan and four flavorful ingredients, you'll have a low-fat, Italian-style dinner on the table in a flash. And, it's one that older children can prepare for the family when you're running late.

Kidney Bean Lasagna Skillet
Seasoned Breadsticks
Grapes
Sparkling Water



Kidney Bean Lasagna Skillet

EASY

Pictured on left

Prep Time: 20 minutes

1 (1-lb.) pkg. Green Giant® Pasta Accents® Lasagna Style Frozen Vegetables with Pasta
1 (15.5 or 15-oz.) can Green Giant® or Joan of Arc® Dark Red Kidney Beans or Progresso® Kidney Beans, drained, rinsed
1 (14.5-oz.) can diced tomatoes, undrained
1 oz. (¼ cup) shredded fresh Parmesan cheese

1 In large skillet, combine all ingredients except cheese. Bring to a boil. Reduce heat; cover and simmer 8 to 10 minutes or until vegetables are crisp-tender, stirring occasionally.

2 Remove skillet from heat. Sprinkle with cheese.

3 (1½-cup) servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1-1/2 Cups

Calories	380	Calories from Fat	100
		% DAILY VALUE	
Total Fat	11 g	17%	
Saturated	4 g	20%	
Cholesterol	15 mg	5%	
Sodium	960 mg	40%	
Total Carbohydrate	52 g	17%	
Dietary Fiber	10 g	40%	
Sugars	7 g		
Protein	19 g		
Vitamin A	30%	Vitamin C	45%
Calcium	30%	Iron	20%

Low-Fat

DIETARY EXCHANGES: 3-1/2 Starch, 1 Very Lean Meat, 1-1/2 Fat OR 3-1/2 Carbohydrate, 1 Very Lean Meat, 1-1/2 Fat

COOK'S NOTES

Ingredient Substitution

Grated Parmesan cheese from a can can be substituted for the fresh.

Kitchen Tip

Start a file of super easy recipes such as this one. Keep ingredients for the meals on hand so you can make quick meals on hectic weeknights.

Make It Special

A sprinkling of chopped fresh parsley or fresh basil leaves dresses up this tasty skillet supper.

COOK'S NOTES

Ingredient Info

Although this recipe does not use the seasoning packet from the ramen soup mix, those following a vegan diet may want to look for the ramen noodle soup mixes that do not contain animal products in the seasoning.

Ingredient Substitution

Use one 11-ounce can Green Giant® Niblets® Whole Kernel Sweet Corn, drained, in place of the baby corn nuggets.

Kitchen Tip

Baby corn nuggets taste fresher after the salty brine is rinsed off with cold water.

Spicy Corn and Zucchini with Ramen Noodles

Pictured on right

Prep Time: 20 minutes

NOODLES

1 (3-oz.) pkg. any flavor ramen noodle soup mix

SAUCE

1 teaspoon sugar
1 teaspoon cornstarch
¼ to ½ teaspoon crushed red pepper flakes
¼ cup water
2 tablespoons soy sauce

STIR-FRY

1 tablespoon oil
2 medium zucchini, cut into ¼-inch-thick slices (2 cups)
1 medium onion, cut into thin wedges
1 garlic clove, minced
1 (14-oz.) can baby corn nuggets, drained, rinsed

1 In medium saucepan, bring 2 cups water to a boil. Add noodles from soup mix; boil 2 to 3 minutes or until noodles are tender. Drain; cover to keep warm. (Discard seasoning packet or reserve for another use.)

2 Meanwhile, in small bowl, combine all sauce ingredients; mix well. Set aside.

3 Heat oil in large nonstick skillet over medium-high heat until hot. Add zucchini, onion and garlic; cook and stir 2 minutes. Reduce heat to medium-low; stir in corn and sauce mixture. Cook 2 to 4 minutes or until vegetables are crisp-tender and mixture is bubbly and thickened, stirring frequently. Stir in cooked noodles.

3 (1⅓-cup) servings

Top to bottom:
Spicy Corn and Zucchini with Ramen Noodles,
Sweet and Sour Tofu Stir-Fry p. 29

NUTRITION INFORMATION PER SERVING:

SERVING SIZE:	1-1/3 Cups		
Calories	210	Calories from Fat	50
		% DAILY VALUE	
Total Fat	6 g	9%	
Saturated	1 g	5%	
Cholesterol	0 mg	0%	
Sodium	710 mg	30%	
Total Carbohydrate	32 g	11%	
Dietary Fiber	5 g	20%	
Sugars	7 g		
Protein	7 g		
Vitamin A	10%	Vitamin C	15%
Calcium	6%	Iron	15%

Low-Fat

DIETARY EXCHANGES: 2 Starch, 1 Vegetable, 1/2 Fat
OR 2 Carbohydrate, 1 Vegetable, 1/2 Fat

COOK'S NOTES

Ingredient Info

For the best color and sweetest flavor, select sweet potatoes with dark skins.

Ingredient Substitution

Use 1¾ cups of carrot strips in place of the sweet potato.

Healthy Hint

The spinach, sweet potatoes and red bell peppers combine to make this recipe an excellent source of vitamins A and C.

Rotini with Sweet Potato Sauté

Pictured on page 4

Prep Time: 20 minutes

6 oz. (2 cups) uncooked rainbow rotini (spiral pasta)
1 tablespoon olive or vegetable oil
1 small onion, cut into thin wedges
1 garlic clove, minced
1 medium sweet potato, cut into 2x¼x¼-inch strips
½ medium red bell pepper, cut into thin strips
¼ cup water
2 cups fresh spinach, cut into strips
¼ cup purchased pesto
1 oz. (¼ cup) shredded fresh Parmesan cheese, if desired

1. Cook rotini to desired doneness as directed on package. Drain; cover to keep warm.

2. Meanwhile, heat oil in 12-inch nonstick skillet over medium-high heat until hot. Add onion and garlic; cook and stir 1 to 2 minutes or just until garlic begins to brown.

3. Add sweet potato and bell pepper; cook and stir 2 minutes. Add water; cover and cook 2 to 3 minutes or until vegetables are tender.

4. Add cooked rotini and spinach; stir gently to mix. Cook uncovered until thoroughly heated. Remove from heat; stir in pesto until well mixed. If desired, add salt and pepper to taste. Sprinkle with cheese.

4 (1⅓-cup) servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1-1/3 Cups

Calories	340	Calories from Fat	120
		% DAILY VALUE	
Total Fat	13 g	20%	
Saturated	3 g	15%	
Cholesterol	5 mg	2%	
Sodium	240 mg	10%	
Total Carbohydrate	44 g	15%	
Dietary Fiber	3 g	12%	
Sugars	5 g		
Protein	11 g		
Vitamin A	180%	Vitamin C	40%
Calcium	15%	Iron	15%

DIETARY EXCHANGES: 3 Starch, 1/2 Lean Meat, 1-1/2 Fat
OR 3 Carbohydrate, 1/2 Lean Meat, 1-1/2 Fat

Mexican Rice and Veggie Skillet

EASY

Pictured on page 12

Prep Time: 30 minutes

1 (15.5 or 15-oz.) can Green Giant®, Joan of Arc® or Progresso® Kidney Beans, drained, rinsed
1 (14.5-oz.) can stewed tomatoes, undrained
1 (10-oz.) can Old El Paso® Mild Enchilada Sauce
1 cup water
2 cups Green Giant® Frozen Mixed Vegetables
1½ cups uncooked instant brown rice

1 In large nonstick skillet, combine all ingredients except rice; mix well. Bring to a boil. Stir in rice. Reduce heat to low; cover and simmer 18 to 20 minutes or until liquid is absorbed and rice is tender, stirring occasionally.

2 Remove skillet from heat. Fluff mixture with fork. If desired, add salt and pepper to taste.

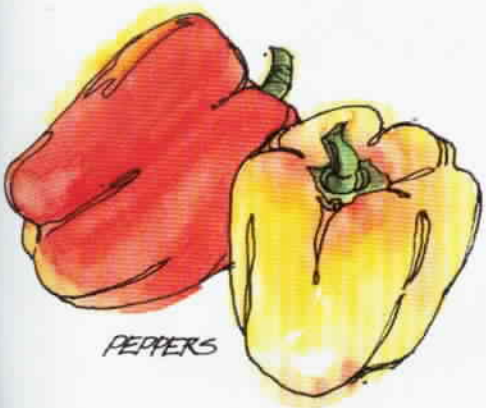
4 (1½-cup) servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1-1/2 Cups

Calories	320	Calories from Fat	35
		% DAILY VALUE	
Total Fat	4 g	6%	
Saturated	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	610 mg	25%	
Total Carbohydrate	59 g	20%	
Dietary Fiber	8 g	32%	
Sugars	5 g		
Protein	11 g		
Vitamin A	45%	Vitamin C	20%
Calcium	8%	Iron	15%

Low-Fat

DIETARY EXCHANGES: 4 Starch OR 4 Carbohydrate



COOK'S NOTES

Ingredient Info

Enchilada sauce is made from ground red chiles seasoned with onion, garlic and herbs. Mild enchilada sauce is spicy enough for the average palate; if you appreciate fiery hot food, try hot enchilada sauce in this recipe.

Make It Special

Sprinkle this dish with shredded Monterey Jack or Cheddar cheese and crushed tortilla chips; garnish it with sour cream and chopped fresh cilantro.

Serving Suggestion

Serve this with warm flour tortillas, and Häagen-Dazs® Margarita Sorbet for dessert.

Spinach and Tofu Manicotti

Pictured on left

Prep Time: 30 minutes (Ready in 1 hour 10 minutes)

8 uncooked manicotti
2 cups spaghetti sauce
1 (8-oz.) pkg. fat-free cream cheese
1 teaspoon dried basil leaves
1/8 teaspoon garlic powder
2 cups Green Giant® Frozen Cut Leaf Spinach, thawed, well drained
1/4 cup grated Parmesan cheese
1 (12.3-oz.) pkg. firm tofu, drained
2 oz. (1/2 cup) shredded mozzarella cheese

1 Cook manicotti to desired doneness as directed on package. Drain; cover to keep warm.

2 Meanwhile, heat oven to 350°F. Spread 1 cup of the spaghetti sauce in bottom of ungreased 12x8-inch (2-quart) baking dish.

3 In large bowl, combine cream cheese, basil and garlic powder; mix well. Add spinach, Parmesan cheese and tofu; mix with fork until texture resembles cottage cheese.

4 Stuff tofu mixture into cooked manicotti; arrange in baking dish over sauce. Top with remaining 1 cup sauce. Cover tightly with foil.

5 Bake at 350°F. for 25 to 35 minutes or until thoroughly heated. Remove foil; sprinkle with mozzarella cheese. Let stand 5 minutes before serving.

4 servings

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1/4 of Recipe

Calories	400	Calories from Fat	110
		% DAILY VALUE	
Total Fat	12 g	18%	
Saturated	4 g	20%	
Cholesterol	20 mg	7%	
Sodium	1100 mg	46%	
Total Carbohydrate	44 g	15%	
Dietary Fiber	6 g	24%	
Sugars	5 g		
Protein	30 g		
Vitamin A	70%	Vitamin C	20%
Calcium	60%	Iron	45%

DIETARY EXCHANGES: 3 Starch, 4 Lean Meat
OR 3 Carbohydrate, 4 Lean Meat

Low-Fat

COOK'S NOTES

Ingredient Info

Firm tofu is used in this recipe because it crumbles to give a cheese-like texture to the filling.

Healthy Hint

Tofu is rich in protein and contains B vitamins, iron and calcium. The amount of fat, protein and calories in tofu varies according to the type, so check the label.

Kitchen Tip

An easy way to stuff manicotti is to use a heavy-duty resealable plastic bag like a pastry bag. Spoon the filling into one bottom corner of the bag. Seal the bag, twist the top and cut off the filling-stuffed bottom corner so the hole is slightly smaller than the opening of the manicotti. Hold the cooked manicotti in one hand; with the other hand, squeeze the filling from the bag into the pasta.

Top to bottom:
Spinach Lasagna p. 43,
Spinach and Tofu Manicotti

Penne with Artichoke Sauce and Feta

Pictured on page 10

EASY

Prep Time: 25 minutes

6 oz. (2 cups) uncooked penne (tube-shaped pasta)
1 (14-oz.) jar spaghetti sauce
1 (6-oz.) jar marinated artichoke hearts, drained, coarsely chopped
1 oz. (¼ cup) crumbled feta cheese
2 tablespoons chopped fresh parsley, if desired

1. Cook penne to desired doneness as directed on package. Drain; cover to keep warm.

2. Meanwhile, in medium saucepan, combine spaghetti sauce and artichoke hearts. Cook over medium heat for 5 to 7 minutes or until thoroughly heated, stirring occasionally.

3. To serve, spoon sauce over penne; sprinkle with cheese and parsley.

2 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/2 of Recipe

Calories	560	Calories from Fat	150
		% DAILY VALUE	
Total Fat	17 g	26%	
Saturated	4 g	20%	
Cholesterol	15 mg	5%	
Sodium	1050 mg	44%	
Total Carbohydrate	84 g	28%	
Dietary Fiber	5 g	20%	
Sugars	4 g		
Protein	17 g		
Vitamin A	20%	Vitamin C	25%
Calcium	15%	Iron	30%

DIETARY EXCHANGES: 5 Starch, 1 Vegetable, 3 Fat
OR 5 Carbohydrate, 1 Vegetable, 3 Fat

COOK'S NOTES

Ingredient Info

Feta is a classic Greek cheese traditionally made from sheep's or goat's milk. Commercial American manufacturers now make feta from cow's milk. Feta has a mild flavor, but because it is cured and stored in a salty brine, it adds a tart and salty flavor to food.

Ingredient Substitution

Use your favorite pasta shapes in place of the penne. Shapes differ in size and density, so be sure to cook the pasta you choose according to the package directions.

Serving Suggestion

Cantaloupe and honeydew melon wedges are a sweet contrast to this savory entree. Garlic toast or warm pita bread complete the meal.

Spinach Lasagna

Pictured on page 40

Prep Time: 40 minutes (Ready in 1 hour 20 minutes)

9 uncooked lasagna noodles
2½ cups skim milk
¼ cup Pillsbury BEST® All Purpose Flour
1 teaspoon garlic salt
2 (9-oz.) pkg. Green Giant® Harvest Fresh® Frozen Spinach, thawed, well drained
1 cup low-fat cottage cheese
6 oz. (1½ cups) shredded mozzarella cheese
¼ cup grated Parmesan cheese

1 Cook lasagna noodles to desired doneness as directed on package. Drain; rinse with hot water.

2 Meanwhile, heat oven to 350°F. In medium saucepan, combine milk, flour and garlic salt; blend well. Cook over medium heat, stirring constantly, until mixture boils and thickens. Reserve ½ cup sauce for top layer of lasagna; stir spinach into remaining sauce.

3 In medium bowl, combine cottage cheese and mozzarella. Spread ½ cup spinach sauce in bottom of ungreased 13x9-inch (3-quart) baking dish. Top with 3 lasagna noodles, half of cheese mixture and half of remaining spinach sauce; repeat layers. Top with last 3 noodles and reserved ½ cup sauce. Sprinkle with Parmesan cheese.

4 Bake at 350°F. for 30 to 40 minutes. Let stand 5 to 10 minutes before serving. If desired, garnish individual servings with fresh basil and tomato wedges.

6 servings

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1/6 of Recipe

Calories	320	Calories from Fat	70
		% DAILY VALUE	
Total Fat	8 g	12%	
Saturated	5 g	25%	
Cholesterol	25 mg	8%	
Sodium	940 mg	39%	
Total Carbohydrate	37 g	12%	
Dietary Fiber	2 g	8%	
Sugars	7 g		
Protein	25 g		
Vitamin A	70%	Vitamin C	20%
Calcium	50%	Iron	15%

Low-Fat

DIETARY EXCHANGES: 2 Starch, 1 Vegetable, 2-1/2 Lean Meat OR 2 Carbohydrate, 1 Vegetable, 2-1/2 Lean Meat

COOK'S NOTES

Healthy Hint

The amount of spinach makes this recipe an excellent source of vitamin A, and the skim milk and cheeses make it an excellent source of calcium.

Kitchen Tip

Lasagna noodles cook without sticking together if you use a large pot and enough water to keep the noodles moving freely. To prevent the noodles from breaking or tearing, boil the water gently during cooking.

Serving Suggestion

Tomato and red onion slices drizzled with Italian dressing and garnished with fresh basil make a simple arranged salad to accompany this lasagna. To complete the meal, add crunchy breadsticks and serve frozen yogurt and strawberries for dessert.

Ravioli with Tomatoes and Zucchini

EASY

Pictured on right

Prep Time: 20 minutes

1 (9-oz.) pkg. refrigerated cheese-filled ravioli
2 small zucchini, cut into 2x¼x¼-inch strips
1 small onion, cut into thin wedges
1 (14.5-oz.) can diced tomatoes with Italian-style herbs, undrained
2 tablespoons sliced ripe olives
2 tablespoons shredded fresh Parmesan cheese

1 Cook ravioli to desired doneness as directed on package. Drain; cover to keep warm.

2 Meanwhile, spray large nonstick skillet with nonstick cooking spray. Heat over medium-high heat until hot. Add zucchini and onion; cook and stir 3 to 4 minutes or until vegetables are crisp-tender.

3 Add tomatoes and olives; cook and stir 2 to 3 minutes or until thoroughly heated.

4 Add cooked ravioli to mixture in skillet; stir gently to mix. Cook over medium heat for 3 to 4 minutes or until sauce is of desired consistency, stirring occasionally. Sprinkle with cheese.

3 (1½-cup) servings

NUTRITION INFORMATION PER SERVING:

SERVING SIZE:	1-1/2 Cups		
Calories	370	Calories from Fat	110
		% DAILY VALUE	
Total Fat	12 g	18%	
Saturated	6 g	30%	
Cholesterol	75 mg	25%	
Sodium	750 mg	31%	
Total Carbohydrate	48 g	16%	
Dietary Fiber	5 g	20%	
Sugars	7 g		
Protein	18 g		
Vitamin A	25%	Vitamin C	30%
Calcium	30%	Iron	15%

Low-Fat

DIETARY EXCHANGES: 3 Starch, 1 Vegetable, 1 High-Fat Meat **OR** 3 Carbohydrate, 1 Vegetable, 1 High-Fat Meat

COOK'S NOTES

Ingredient Substitution

Use yellow summer squash in place of part or all of the zucchini.

Kitchen Tip

To cut the zucchini into strips, first cut them into 2-inch lengths. Then cut each piece lengthwise into ¼-inch-thick slices. Finally, stack the slices and cut them lengthwise again into ¼-inch strips.

Serving Suggestion

Warm focaccia and a deli fruit salad quickly make this pasta a meal.

Linguine Vegetable Toss

Pictured on left

Prep Time: 30 minutes

8 oz. uncooked linguine
1 tablespoon olive or vegetable oil
3 large garlic cloves, minced
2 cups fresh sugar snap peas
1½ cups cut (1-inch pieces) fresh asparagus spears
4 Italian plum tomatoes, diced
⅓ cup chopped fresh basil or 1 tablespoon dried basil leaves
¼ teaspoon salt
⅛ teaspoon coarse ground black pepper
1 oz. (¼ cup) finely shredded fresh Parmesan cheese

1 In Dutch oven or large saucepan, cook linguine to desired doneness as directed on package. Drain; return to Dutch oven. Cover to keep warm.

2 Meanwhile, heat oil in large nonstick skillet over medium-high heat until hot. Add garlic; cook 30 seconds, stirring constantly. Reduce heat to medium; add sugar snap peas and asparagus. Cover; cook 3 minutes. (If vegetables begin to stick, add 1 to 2 tablespoons water to skillet.)

3 Add tomatoes; cook an additional 2 to 4 minutes or until vegetables are crisp-tender, stirring occasionally. Stir in basil, salt and pepper. Add to cooked linguine in Dutch oven; toss to mix. Sprinkle with cheese.

4 (1½-cup) servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1-1/2 Cups

Calories	330	Calories from Fat	60
		% DAILY VALUE	
Total Fat	7 g	11%	
Saturated	2 g	10%	
Cholesterol	5 mg	2%	
Sodium	260 mg	11%	
Total Carbohydrate	53 g	18%	
Dietary Fiber	5 g	20%	
Sugars	7 g		
Protein	14 g		
Vitamin A	15%	Vitamin C	70%
Calcium	15%	Iron	25%

Low-Fat

DIETARY EXCHANGES: 3 Starch, 1-1/2 Vegetable, 1 Fat
OR 3 Carbohydrate, 1-1/2 Vegetable, 1 Fat

COOK'S NOTES

Ingredient Substitution

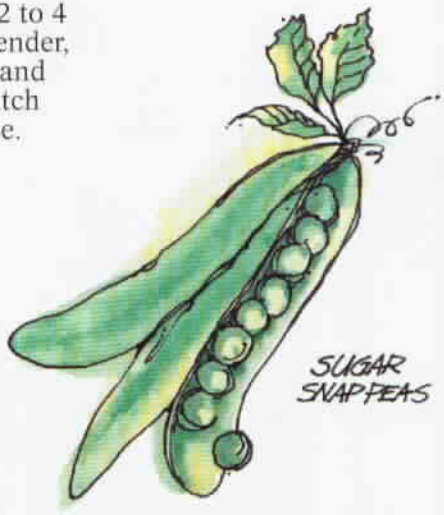
Use snow pea pods in place of the sugar snap peas. Cut large pea pods in half diagonally.

Healthy Hint

The asparagus in this low-fat main dish contributes folacin, a B-vitamin which is especially important for women prior to pregnancy.

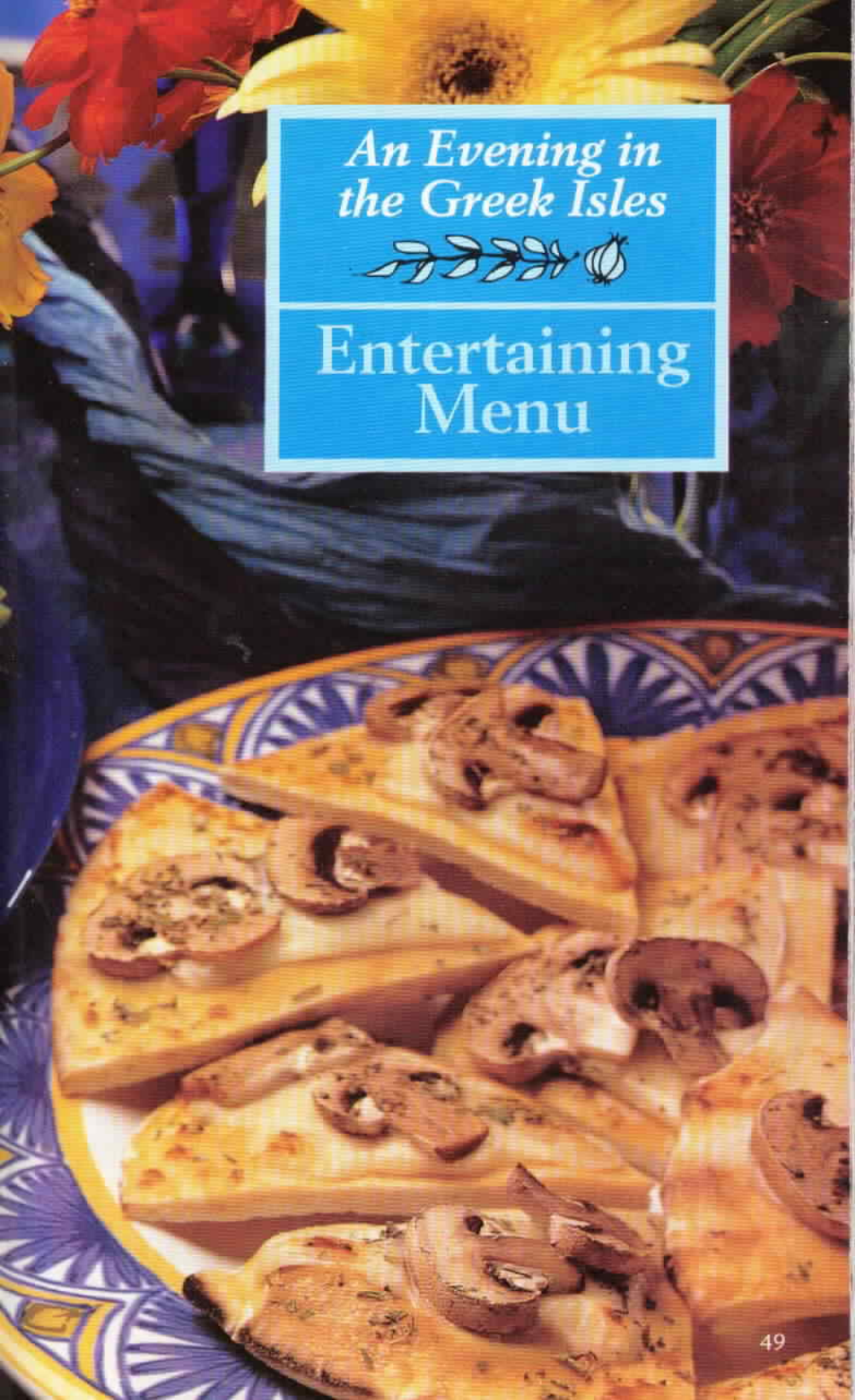
Kitchen Tip

Prepare sugar snap peas by breaking the stem end of the pod, then pulling the strings down both edges to remove them. Rinse the pods before cooking them.



Top to bottom:
Linguine Vegetable Toss,
Broccoli Polenta Timbales p. 22

Left to right:
Mediterranean Pasta Torte p. 52,
Mushroom Pita Triangles p. 51



An Evening in the Greek Isles

Entertaining Menu

An Evening in the Greek Isles

Mushroom Pita Triangles

Mediterranean Pasta Torte p. 52

Purchased Green Salad and Dressing

Lemon Sorbet Sundaes in Phyllo Cups p. 54

Even if you can't squeeze in a trip to the Greek Isles this spring, you and your guests can experience the foods and flavors with this special-occasion menu inspired by the cuisine of the Mediterranean. Seasoned with oregano and cinnamon, the layered main dish is meatless but substantial enough for the heartiest appetite.

Entertaining Ideas

- If it's a pleasant evening, serve dinner al fresco on the porch or patio. String miniature white lights in the trees or along the deck or porch railing.
- Ask your travel agent if you can borrow posters featuring Greece and its islands to set the stage for the party.
- Set the table in shades of blues, aqua and white. Strips of inexpensive fabric can be used as runners, place mats or to line serving baskets.
- For a centerpiece, arrange bright-colored flowers in a ceramic pitcher and surround it with votive candles.
- Consider serving traditional Greek beverages such as ouzo (an aperitif) and retsina (a wine). Complement dessert with espresso or Turkish coffee.
- Check out a tape or CD of Greek music from the library and have it playing softly in the background.

Mushroom Pita Triangles

EASY

Pictured on page 49

Prep Time: 20 minutes

1 tablespoon Dijon mustard
2 (6-inch) pocket (pita) breads
3 (¾-oz.) slices Swiss cheese
1 cup sliced fresh mushrooms
½ teaspoon dried Italian seasoning

1 Spread mustard on pocket breads. Cut each pocket bread into 6 triangles; place on ungreased cookie sheet. Cut each cheese slice diagonally into 4 triangles; place 1 cheese triangle on each bread triangle. Arrange mushroom slices over cheese. Sprinkle with Italian seasoning.

2 Broil 4 to 6 inches from heat for 2 to 4 minutes or until cheese is melted. Serve warm.

12 pita triangles; 6 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/6 of Recipe

Calories	100	Calories from Fat	25
		% DAILY VALUE	
Total Fat	3 g	5%	
Saturated	2 g	10%	
Cholesterol	10 mg	3%	
Sodium	200 mg	8%	
Total Carbohydrate	12 g	4%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	5 g		
Vitamin A	0%	Vitamin C	0%
Calcium	10%	Iron	4%

Low-Fat

DIETARY EXCHANGES: 1 Starch, 1/2 Fat
OR 1 Carbohydrate, 1/2 Fat

COOK'S NOTES

Ingredient Substitutions

Mozzarella or Muenster cheese can be used in place of the Swiss cheese. All of these cheeses melt nicely and have mild flavors that go well with mushrooms.

A variety of exotic mushrooms are available in supermarket produce departments. Try cremini, shiitake or chanterelle mushrooms in place of the common white mushrooms.

Make It Special

Use 1 tablespoon chopped fresh herbs, such as basil, oregano, marjoram, chives or parsley, in place of the dried Italian seasoning.

Mediterranean Pasta Torte

Pictured on page 48

Prep Time: 30 minutes (Ready in 1 hour 25 minutes)

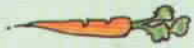
12 oz. (3 cups) uncooked ziti (long tubular pasta)
2½ cups cubed (½-inch) peeled eggplant (8 oz.)
1 medium onion, chopped
1 (15-oz.) can chunky tomato sauce with onions, celery and green bell peppers, undrained
½ teaspoon cinnamon
½ teaspoon dried oregano leaves, crushed
2 cups milk
2 tablespoons Pillsbury BEST® All Purpose Flour
¼ teaspoon salt
⅛ teaspoon pepper
2 eggs
½ cup grated Parmesan cheese
3 tablespoons Progresso® Plain Bread Crumbs
2 teaspoons margarine or butter, melted

1 Heat oven to 350°F. Spray 12x8-inch (2-quart) baking dish and 14x12-inch sheet of foil with nonstick cooking spray. Set aside.

2 In Dutch oven or large saucepan, cook ziti to desired doneness as directed on package. Drain; return to Dutch oven. Cover to keep warm.

3 Meanwhile, in medium saucepan, combine eggplant, onion, tomato sauce, cinnamon and oregano; mix well. Bring to a boil. Reduce heat; simmer 10 to 15 minutes or until onion and eggplant are crisp-tender, stirring frequently.

COOK'S NOTES



Recipe Fact

This pasta torte is a variation of the classic Greek casserole, pastitsio (pah-STEET-see-oh), made with macaroni, seasoned meat-tomato sauce, cheese and white sauce. Our vegetarian version uses an eggplant-tomato sauce in place of the meat-tomato sauce.

Ingredient Substitution

If ziti is not available, substitute penne or mostaccioli.

4 In another medium saucepan, combine ½ cup of the milk, flour, salt and pepper; mix with wire whisk until smooth. Stir in remaining 1½ cups milk. Cook over medium heat until mixture boils and thickens, stirring constantly. Boil and stir 1 minute. Remove from heat.

5 In medium bowl, beat eggs; gradually add half of the hot milk mixture to beaten eggs, stirring constantly. Stir egg mixture back into mixture in saucepan. Add cheese; mix well. Add to cooked ziti; toss gently to coat evenly.

6 Place half of ziti mixture in sprayed dish. Spoon tomato sauce over ziti. Top with remaining ziti mixture. Cover tightly with sprayed foil.

7 Bake at 350°F. for 35 to 45 minutes or until casserole is bubbly. In small bowl, combine bread crumbs and melted margarine; mix well. Sprinkle over top; bake uncovered an additional 5 minutes. Let stand 5 minutes before serving.

6 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/6 of Recipe

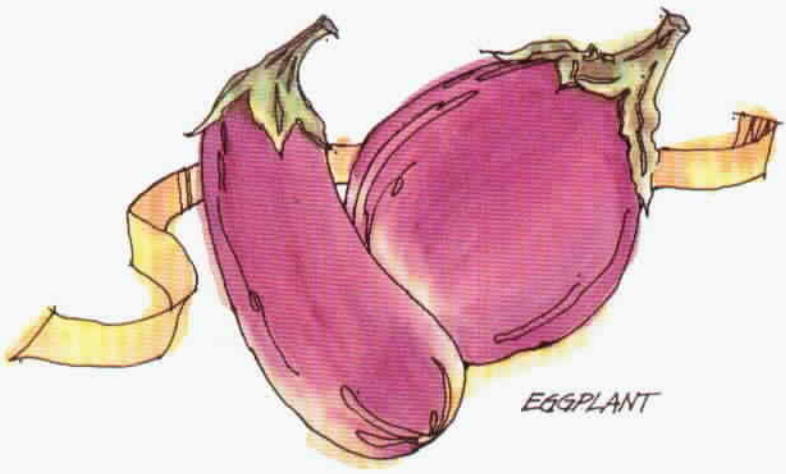
Calories	390	Calories from Fat	80
		% DAILY VALUE	
Total Fat	9 g	14%	
Saturated	4 g	20%	
Cholesterol	85 mg	28%	
Sodium	740 mg	31%	
Total Carbohydrate	61 g	20%	
Dietary Fiber	4 g	16%	
Sugars	11 g		
Protein	17 g		
Vitamin A	20%	Vitamin C	15%
Calcium	25%	Iron	20%

DIETARY EXCHANGES: 4 Starch, 1 Vegetable, 1 Fat
OR 4 Carbohydrate, 1 Vegetable, 1 Fat

Low-Fat

Kitchen Tip

The remaining eggplant can be cubed, sautéed and added to spaghetti sauce. Or make a vegetarian sandwich: Slice eggplant ½ inch thick. Brush with Italian salad dressing and broil until tender, turning once. Layer the eggplant on hearth-baked bread with sliced tomatoes and mozzarella cheese.



Lemon Sorbet Sundaes in Phyllo Cups

Pictured on right

Prep Time: 10 minutes (Ready in 30 minutes)

PHYLLO CUPS

Nonstick cooking spray
1 tablespoon sugar
1/4 teaspoon cinnamon
4 (17x12-inch) sheets frozen phyllo (filo) pastry, thawed

FILLING

1/3 cup honey
1/2 teaspoon cinnamon
1 1/2 pints Häagen-Dazs® Zesty Lemon Sorbet
1/3 cup finely chopped walnuts
6 fresh strawberries, cut into fans

1 Heat oven to 350°F. Spray six 6-oz. custard cups with nonstick cooking spray. In small bowl, combine sugar and 1/4 teaspoon cinnamon; mix well.

2 Place 1 pastry sheet on work surface; spray with nonstick cooking spray. Sprinkle with 1/4 of sugar mixture. Top with second pastry sheet. Spray with cooking spray; sprinkle with 1/4 of sugar mixture. With sharp knife, carefully cut pastry sheets into 12 (4x4 1/4-inch) rectangles.

3 Place 1 pastry rectangle into 1 sprayed custard cup so that one corner of rectangle covers bottom of custard cup and remaining corners extend above edge of cup. Add 3 more rectangles, turning each one slightly so extended corners do not overlap. Repeat with remaining pastry rectangles to make 2 more phyllo cups.

4 Repeat process with remaining 2 pastry sheets and cinnamon-sugar mixture, making 3 additional phyllo cups. Place custard cups on cookie sheet. Bake at 350°F. for 8 to 10 minutes or until crisp and golden brown. Cool 5 minutes. Carefully remove pastry cups from custard cups.

5 Just before serving, in small microwave-safe bowl, combine honey and 1/2 teaspoon cinnamon; mix well. Microwave on HIGH for 30 to 60 seconds or until warm, stirring once halfway through cooking.

COOK'S NOTES

Recipe Fact

Baklava, a classic Greek dessert, is phyllo pastry layered with butter, walnuts and cinnamon and soaked in a spiced citrus sugar syrup. Those flavors inspired this low-fat dessert for our menu.

Ingredient Substitution

Use your favorite sorbet or other frozen dessert in place of the lemon sorbet.

Butter-flavored cooking spray can be used in place of the regular spray.

To serve, spoon ½ cup sorbet into each phyllo cup. Drizzle each serving with warm honey mixture; sprinkle with walnuts. /Garnish each serving with strawberry fan.

6 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/6 of Recipe

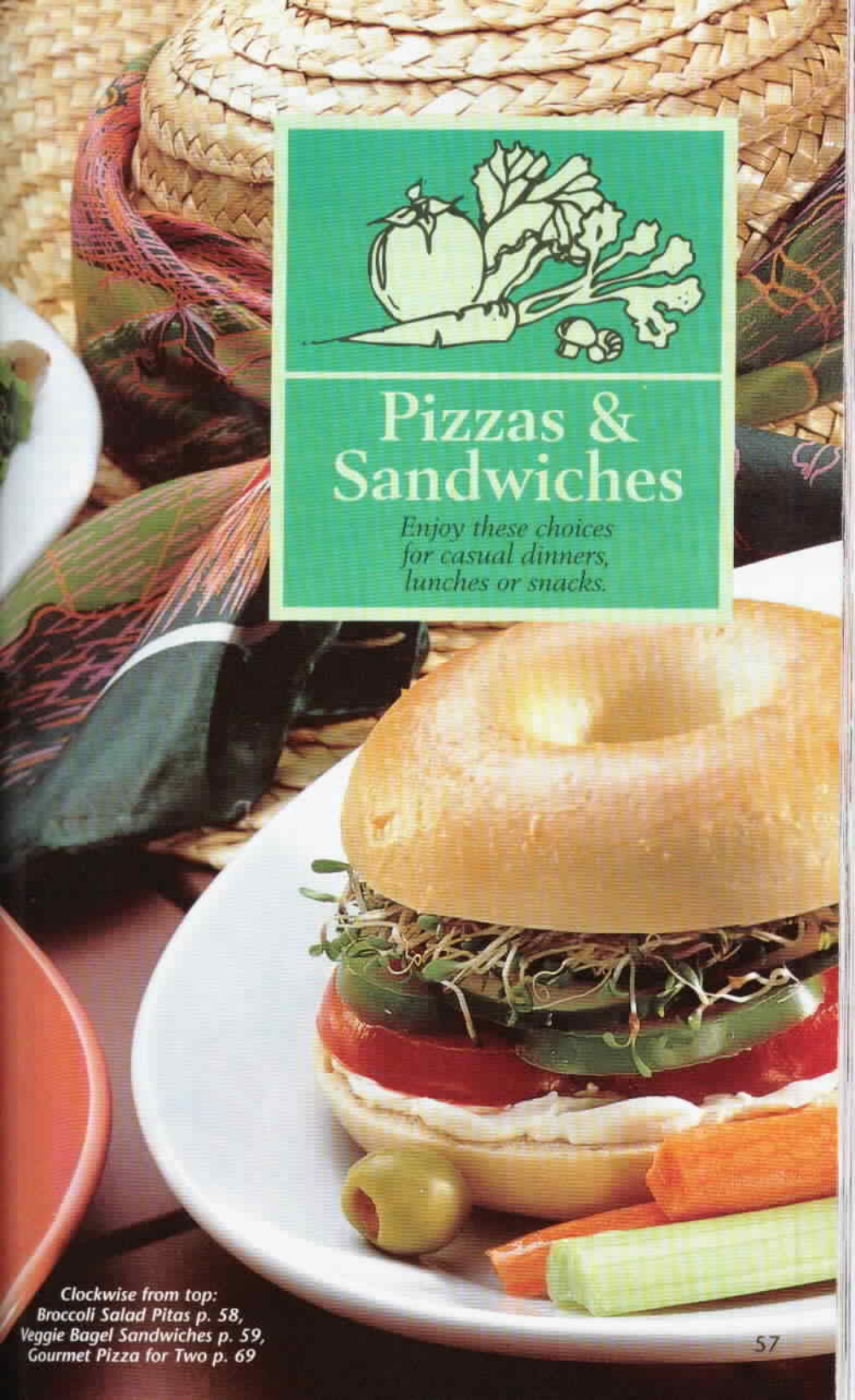
Calories	290	Calories from Fat	45
		% DAILY VALUE	
Total Fat	5 g	8%	
Saturated	1 g	5%	
Cholesterol	0 mg	0%	
Sodium	70 mg	3%	
Total Carbohydrate	58 g	19%	
Dietary Fiber	2 g	8%	
Sugars	46 g		
Protein	2 g		
Vitamin A	0%	Vitamin C	15%
Calcium	0%	Iron	4%

Low-Fat

DIETARY EXCHANGES: 1 Starch, 3 Fruit, 1/2 Fat
OR 4 Carbohydrate, 1/2 Fat

Kitchen Tip

When working with phyllo dough, be sure to keep the unused portion of the dough covered with a slightly damp towel or plastic wrap to prevent it from drying out.



Pizzas & Sandwiches

Enjoy these choices for casual dinners, lunches or snacks.

Clockwise from top: Broccoli Salad Pitas p. 58, Veggie Bagel Sandwiches p. 59, Gourmet Pizza for Two p. 69

Broccoli Salad Pitas

Pictured on page 56

EASY

Prep Time: 15 minutes

2 cups coarsely chopped fresh broccoli florets
¼ cup sliced green onions
1 small tomato, seeded, chopped (¾ cup)
½ cup purchased fat-free peppercorn ranch salad dressing
2 (6-inch) pita (pocket) breads, halved
Leaf lettuce

1 In medium bowl, combine broccoli, onions, tomato and salad dressing; mix well.

2 Line each pita bread half with lettuce. Fill each with about ⅔ cup salad mixture.

4 sandwiches; 2 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/2 of Recipe

Calories	310	Calories from Fat	20
		% DAILY VALUE	
Total Fat	2 g	3%	
Saturated	0 g	0%	
Cholesterol	3 mg	1%	
Sodium	930 mg	39%	
Total Carbohydrate	61 g	20%	
Dietary Fiber	7 g	28%	
Sugars	13 g		
Protein	11 g		
Vitamin A	50%	Vitamin C	160%
Calcium	15%	Iron	20%

Low-Fat

DIETARY EXCHANGES: 4 Starch OR 4 Carbohydrate

COOK'S NOTES

Kitchen Tip

These sandwiches are made from just the broccoli florets; look in the produce section or salad bar of the supermarket for broccoli florets sold by the pound. If you buy broccoli stalks, don't throw away the sweet-tasting stems; peel and slice them into long pieces to eat like carrot or celery sticks.

Recipe Variation

For another version of this sandwich, add 2 tablespoons each of golden raisins and shelled sunflower nuts to the broccoli mixture.

Veggie Bagel Sandwiches

Pictured on page 57

EASY

Prep Time: 10 minutes

4 oz. garden vegetable cream cheese spread
4 large soft bagels, split
1 tomato, thinly sliced
½ medium green bell pepper, thinly sliced
½ medium cucumber, thinly sliced
1 cup alfalfa sprouts

Spread cream cheese spread evenly on cut sides of bagels. Top bottom halves of bagels with tomato, bell pepper, cucumber and sprouts. Cover with top halves of bagels.

4 sandwiches

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1 Sandwich

Calories	350	Calories from Fat	100
		% DAILY VALUE	
Total Fat	11 g	17%	
Saturated	6 g	30%	
Cholesterol	30 mg	10%	
Sodium	580 mg	24%	
Total Carbohydrate	51 g	17%	
Dietary Fiber	3 g	12%	
Sugars	3 g		
Protein	12 g		
Vitamin A	15%	Vitamin C	25%
Calcium	10%	Iron	20%

Low-Fat

DIETARY EXCHANGES: 3 Starch, 1 Vegetable, 2 Fat
OR 3 Carbohydrate, 1 Vegetable, 2 Fat

COOK'S NOTES

Ingredient Substitution

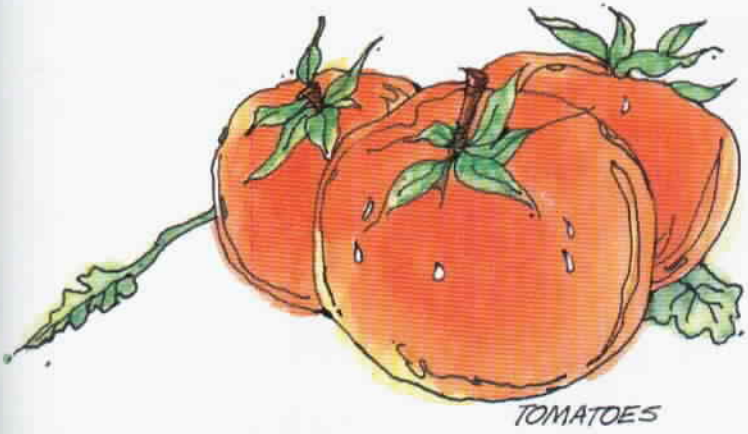
Make these sandwiches on your favorite flavor of bagel, such as onion, sesame seed or honey whole grain.

Healthy Hint

To reduce the fat in each serving by about 9 grams, use 4 ounces of the fat-free version of cream cheese.

Make-Ahead Tip

These sandwiches travel well. Spread the cream cheese on the bagels; wrap them in plastic wrap. Place the vegetables in a plastic bag and add to the sandwiches just before serving.



Portobello Muffuletta Sandwiches

Pictured on right

Prep Time: 15 minutes

OLIVE SALAD

¼ cup chopped celery
3 tablespoons chopped pimiento-stuffed olives
1 tablespoon reduced-calorie mayonnaise or salad dressing

SANDWICHES

6 oz. portobello mushrooms, cut into ½-inch-thick slices
1 to 2 teaspoons olive or vegetable oil
⅛ teaspoon garlic powder
2 (6-inch) French rolls, halved lengthwise
2 (¾-oz.) slices provolone or mozzarella cheese
½ medium tomato, thinly sliced

1 In small bowl, combine all olive salad ingredients; mix well. Set aside.

2 Spray broiler pan with nonstick cooking spray. Place mushroom slices on sprayed pan. In small bowl, combine oil and garlic powder; mix well. Brush half of oil mixture on mushrooms. Broil 4 to 6 inches from heat for 5 to 6 minutes or until tender, turning and brushing with remaining oil mixture once halfway through cooking. Remove mushrooms from pan.

3 Place rolls, cut side up, on broiler pan. Broil 4 to 6 inches from heat for 30 to 60 seconds or until golden brown.

4 Place cheese on bottom halves of rolls. Top with mushrooms, olive salad and tomato slices. Cover with top halves of rolls.

2 sandwiches

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1 Sandwich

Calories	460	Calories from Fat	170
		% DAILY VALUE	
Total Fat	19 g	29%	
Saturated	6 g	30%	
Cholesterol	15 mg	5%	
Sodium	1170 mg	49%	
Total Carbohydrate	57 g	19%	
Dietary Fiber	5 g	20%	
Sugars	4 g		
Protein	16 g		
Vitamin A	8%	Vitamin C	10%
Calcium	25%	Iron	25%

DIETARY EXCHANGES: 4 Starch, 1/2 High-Fat Meat, 2 Fat
OR 4 Carbohydrate, 1/2 High-Fat Meat, 2 Fat

COOK'S NOTES

Recipe Fact

The original muffuletta sandwich, made with Italian bread, provolone cheese, Genoa salami and ham, was created in New Orleans in 1906. Its tangy chopped olive salad is what differentiates it from other meat and cheese combination sandwiches. Our vegetarian version calls for meaty broiled portobello mushrooms in place of the salami and ham.

Ingredient Substitution

Use 6 ounces of large stuffing mushrooms, cut into ¼-inch-thick slices, in place of the portobello mushrooms.

Serving Suggestion

Accompany these Italian-style sandwiches with potato chips or potato salad, and lemonade garnished with mint leaves.

Top to bottom: Barbecue Sloppy Joes p. 68, Portobello Muffuletta Sandwiches

Red Pepper Hummus Pockets

Pictured above

Prep Time: 15 minutes

HUMMUS

- 1 (15-oz.) can Green Giant® or Joan of Arc® Garbanzo Beans or Progresso® Chick Peas, drained, rinsed
- 1 tablespoon lemon juice
- 1 tablespoon olive or vegetable oil
- 2 garlic cloves, chopped
- 1/3 cup drained roasted red bell peppers (from 7.25-oz. jar)

SANDWICHES

- 8 lettuce leaves
- 1 cucumber, thinly sliced
- 4 (6-inch) whole wheat pita (pocket) breads, halved

COOK'S NOTES

Recipe Fact

Hummus is a Middle Eastern spread made from mashed garbanzo beans (chick peas), garlic, lemon and often sesame oil. Our updated version uses olive oil and roasted red bell peppers, which add a spark of color and flavor.

1 In food processor bowl with metal blade, combine garbanzo beans, lemon juice, oil and garlic; process 1 to 2 minutes or until smooth. Add roasted peppers; process 30 to 60 seconds or until peppers are finely chopped.

2 To assemble sandwiches, place lettuce leaf and cucumber slices in each pita bread half. Spoon about 3 tablespoons hummus in each.

8 sandwiches; 4 servings

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1/4 of Recipe

Calories	310	Calories from Fat	50
		% DAILY VALUE	
Total Fat	6 g	9%	
Saturated	1 g	5%	
Cholesterol	0 mg	0%	
Sodium	500 mg	21%	
Total Carbohydrate	53 g	18%	
Dietary Fiber	10 g	40%	
Sugars	2 g		
Protein	12 g		
Vitamin A	20%	Vitamin C	45%
Calcium	10%	Iron	20%

DIETARY EXCHANGES: 3 Starch, 1 Vegetable, 1 Fat
OR 3 Carbohydrate, 1 Vegetable, 1 Fat

Low-Fat

Kitchen Tip

If a food processor is not available, mash the garbanzo beans with a fork. The mixture may be slightly lumpy, but the texture does not interfere with the flavor.

How to Cook Asparagus

When asparagus pushes its bright-green tips up through the soil, it is crisp, tender and succulent. But overcooking can make this fabulous spring veggie pale and limp. To keep asparagus as fresh as a spring day, follow these two simple cooking steps:

Step 1

Just before cooking, cut or snap off the tough ends. Rinse spears thoroughly to remove any sand from the tips.

Step 2

Arrange spears with their tips toward the center in a 12x8-inch or 2-quart microwave-safe dish. Add ¼ cup water and cover with microwave-safe plastic wrap. Microwave on HIGH for 4 to 8 minutes or until asparagus is crisp-tender. Rearrange spears once during cooking. Drain.

Asparagus Melts with Horseradish Sauce

EASY

Pictured on left

Prep Time: 20 minutes

¾ lb. fresh asparagus spears
2 mini baguettes (French rolls)
4 tablespoons horseradish sauce
2 slices red onion, halved, separated into strips
6 tomato slices, halved
3 (1½-oz.) slices mozzarella cheese, cut crosswise into strips

1 Cook asparagus as directed on page 64. Drain.

2 Meanwhile, cut baguettes in half lengthwise. Spread 1 tablespoon horseradish sauce evenly onto cut side of each baguette half.

3 Top each baguette half with cooked asparagus, onion and tomato. Cut cheese into 1-inch-wide strips; arrange over tomato. Place sandwiches on broiler pan or ungreased cookie sheet.

4 Broil 4 to 6 inches from heat for 1 to 2 minutes or until cheese is melted.

4 sandwiches

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1 Sandwich

Calories	190	Calories from Fat	80
		% DAILY VALUE	
Total Fat	9 g	14%	
Saturated	5 g	25%	
Cholesterol	15 mg	5%	
Sodium	350 mg	15%	
Total Carbohydrate	15 g	5%	
Dietary Fiber	2 g	8%	
Sugars	3 g		
Protein	12 g		
Vitamin A	15%	Vitamin C	15%
Calcium	25%	Iron	8%

Low-Fat

DIETARY EXCHANGES: 1 Starch, 1-1/2 Medium-Fat Meat OR 1 Carbohydrate, 1-1/2 Medium-Fat Meat

COOK'S NOTES

Ingredient Info

Mini baguettes are short loaves of French bread, just the right length for hero-style sandwiches. Long sandwich buns can be used in place of the mini baguettes.

Ingredient Substitution

Homemade Dijon sauce can be used in place of the horseradish sauce: Stir together 1 tablespoon of Dijon mustard and 3 tablespoons of reduced-fat mayonnaise or salad dressing.

Microwave Option

Prepare the sandwiches and place two on a microwave-safe plate. Microwave them on HIGH for 1 to 2 minutes, just until the cheese melts. Watch carefully so the sandwiches don't overcook. Repeat with the remaining two sandwiches.

Sizzling Fajitas

Pictured on right

Prep Time: 35 minutes

2⅔ cups Green Giant® Frozen Harvest Burgers® for Recipes™ Prebrowned All Vegetable Protein Crumbles (from 12-oz. pkg.)
2 teaspoons chili powder
¼ teaspoon garlic powder
¼ teaspoon onion powder
¼ teaspoon dried oregano leaves
6 (8-inch) flour tortillas
2 teaspoons oil
1 medium onion, cut into rings
1½ cups green, red and/or yellow bell pepper strips
1 tablespoon lime juice
⅓ cup light or nonfat sour cream

1 In large resealable plastic bag, combine frozen protein crumbles, chili powder, garlic powder, onion powder and oregano. Seal bag; shake well to coat. Set aside.

2 Heat tortillas as directed on package. Keep warm.

3 Meanwhile, heat oil in large nonstick skillet over medium-high heat until hot. Add onion and bell peppers; cook and stir 3 to 4 minutes or until onion begins to soften. Add seasoned protein crumbles; cook 2 to 3 minutes or until vegetable protein is hot and vegetables are tender. Remove from heat; stir in lime juice.

4 Divide mixture evenly onto warm tortillas; roll up. Serve with sour cream and, if desired, salsa, cilantro sprigs and/or pepper strips.

6 fajitas; 3 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/3 of Recipe

Calories	410	Calories from Fat	80
		% DAILY VALUE	
Total Fat	9 g	14%	
Saturated	1 g	5%	
Cholesterol	0 mg	0%	
Sodium	720 mg	36%	
Total Carbohydrate	56 g	19%	
Dietary Fiber	9 g	36%	
Sugars	5 g		
Protein	25 g		
Vitamin A	30%	Vitamin C	70%
Calcium	20%	Iron	30%

Low-Fat

DIETARY EXCHANGES: 3-1/2 Starch, 1/2 Vegetable, 2 Meat **OR** 3-1/2 Carbohydrate, 1/2 Vegetable, 2 Meat

COOK'S NOTES

Ingredient Info

Green Giant® Frozen Harvest Burgers® for Recipes™ is a meat alternative made from soy protein. This alternative resembles ground beef in texture, flavor and appearance and can be used in recipes traditionally made with meat. Harvest Burgers® for Recipes™ contributes protein and fiber without the fat or cholesterol found in ground beef.

Serving Suggestion

The spicy fajitas are nicely accompanied by a refreshing fruit sorbet or sherbet and fresh berries. Offer sparkling water or beer for the beverage.

Barbecue Sloppy Joes

Pictured on page 61

EASY

Prep Time: 20 minutes

½ cup barbecue sauce
½ cup water
¼ cup finely chopped onion
¼ cup ketchup
2 cups Green Giant® Frozen Harvest Burgers® for Recipes™ Prebrowned All Vegetable Protein Crumbles (from 12-oz. pkg.)
4 sandwich buns, split

1 In medium saucepan, combine all ingredients except buns. Bring to a boil.

2 Reduce heat to low; cover and cook 10 to 12 minutes or until onion is tender, stirring occasionally. Serve in buns.

4 sandwiches

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1 Sandwich

Calories	220	Calories from Fat	25
		% DAILY VALUE	
Total Fat	3 g	5%	
Saturated	1 g	5%	
Cholesterol	0 mg	0%	
Sodium	850 mg	35%	
Total Carbohydrate	35 g	12%	
Dietary Fiber	4 g	16%	
Sugars	8 g		
Protein	14 g		
Vitamin A	8%	Vitamin C	6%
Calcium	10%	Iron	15%

Low-Fat

DIETARY EXCHANGES: 2 Starch, 1 Vegetable, 1 Very Lean Meat **OR** 2 Carbohydrate, 1 Vegetable, 1 Very Lean Meat

COOK'S NOTES

Ingredient Info

Look for Harvest Burgers® for Recipes™ in the frozen meat products or health food section of the supermarket or at a food co-op.

Harvest Burgers® for Recipes™ has a smoky flavor, so consider choosing a barbecue sauce that is slightly sweeter and less smoky for this recipe.

Serving Suggestion

Treat the family to a picnic supper by serving these sloppy joes with deli coleslaw and potato chips. Pound cake with strawberries makes a nice dessert.

Gourmet Pizza for Two

Pictured on page 56

EASY

Prep Time: 15 minutes

2 (6-inch) prebaked Italian bread shells
¼ cup purchased spinach dip (from deli)
4 canned artichoke hearts, drained, quartered
2 Italian plum tomatoes, cut into ¼-inch-thick slices
1 oz. (¼ cup) shredded 6-cheese Italian-recipe blend cheese

1 Heat oven to 450°F. Place bread shells on ungreased cookie sheet. Spread each with spinach dip. Top each with artichoke hearts and tomatoes; sprinkle with cheese.

2 Bake at 450°F. for 8 to 10 minutes or until cheese is melted and pizzas are hot.

2 servings

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1/2 of Recipe

Calories	540	Calories from Fat	220
		% DAILY VALUE	
Total Fat	24 g	37%	
Saturated	7 g	35%	
Cholesterol	40 mg	13%	
Sodium	1040 mg	43%	
Total Carbohydrate	61 g	20%	
Dietary Fiber	5 g	20%	
Sugars	7 g		
Protein	21 g		
Vitamin A	15%	Vitamin C	20%
Calcium	25%	Iron	20%

DIETARY EXCHANGES: 4 Starch, 1 High-Fat Meat, 2-1/2 Fat OR 4 Carbohydrate, 1 High-Fat Meat, 2-1/2 Fat

COOK'S NOTES

Ingredient Info

For this pizza, use artichoke hearts that are packed with a larger number per can; they may be identified as "small" on the label.

Healthy Hint

Reduce the fat and calories in this pizza by using lower-fat spinach dip; check the supermarket dairy case or deli.

Kitchen Tip

Toss leftover artichoke hearts in a green salad, or use them in place of the marinated artichoke hearts in **Penne with Artichoke Sauce and Feta p. 42.**

Three-Pepper Pizza

EASY

Pictured on left

Prep Time: 25 minutes

1 (10-oz.) can Pillsbury Refrigerated All Ready Pizza Crust
6 oz. (1½ cups) shredded mozzarella cheese
½ teaspoon dried Italian seasoning
1 medium green bell pepper, chopped
1 medium red bell pepper, chopped
1 medium yellow bell pepper, chopped

1 Heat oven to 425°F. Lightly grease 12-inch pizza pan or 13x9-inch pan. Unroll dough; place in greased pan. Starting at center, press out with hands. Bake at 425°F. for 4 to 6 minutes or just until crust begins to brown.

2 Top crust with ½ cup of the cheese; sprinkle with Italian seasoning. Arrange peppers evenly over top. Sprinkle with remaining 1 cup cheese.

3 Bake at 425°F. for 8 to 12 minutes or until crust is deep golden brown and cheese is melted.

3 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/3 of Recipe

Calories	430	Calories from Fat	120
		% DAILY VALUE	
Total Fat	13 g	20%	
Saturated	7 g	35%	
Cholesterol	30 mg	10%	
Sodium	820 mg	34%	
Total Carbohydrate	51 g	17%	
Dietary Fiber	3 g	12%	
Sugars	6 g		
Protein	24 g		
Vitamin A	40%	Vitamin C	130%
Calcium	45%	Iron	15%

Low-Fat

DIETARY EXCHANGES: 3 Starch, 1 Vegetable, 2 Medium-Fat Meat, 1/2 Fat **OR** 3 Carbohydrate, 1 Vegetable, 2 Medium-Fat Meat, 1/2 Fat

COOK'S NOTES

Ingredient Substitution

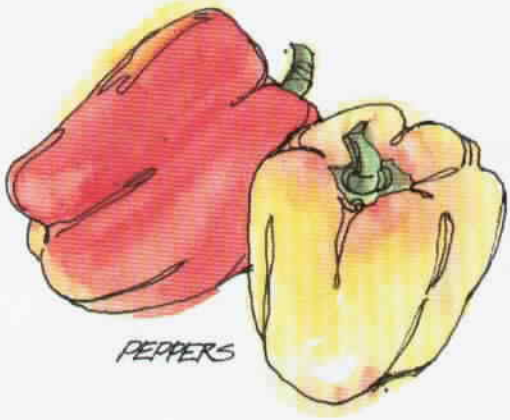
In place of the dried Italian seasoning, use 1½ teaspoons of a combination of chopped fresh herbs such as basil, oregano, marjoram or thyme.

Healthy Hint

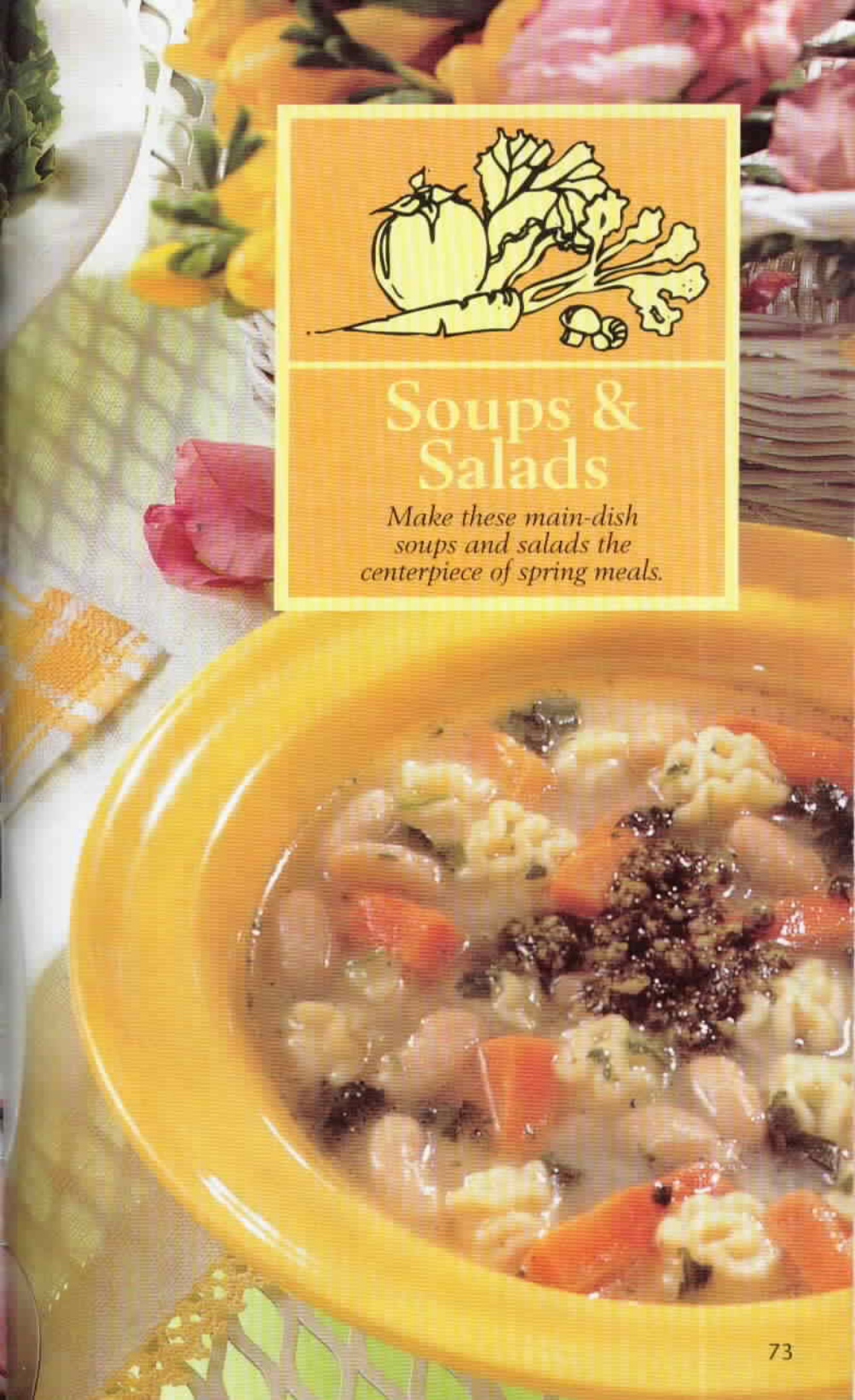
Green, red and yellow bell peppers are good sources of beta carotene and vitamin A. The amount increases as green peppers ripen into sweeter red peppers. Bell peppers are also an excellent source of vitamin C.

Serving Suggestion

Serve this colorful pizza with a crisp green salad. Purchased brownies or cookies make a quick dessert.



Clockwise from top:
Quinoa Mandarin Salad p. 82,
Florentine Pasta and Bean Soup p. 84,
Tomato-Barley Soup p. 85



Soups & Salads

Make these main-dish soups and salads the centerpiece of spring meals.

Green Chile Panzanella Salad

Pictured on left

Prep Time: 15 minutes

DRESSING

2 tablespoons olive or vegetable oil
2 tablespoons white wine vinegar
1 tablespoon lime juice
½ teaspoon garlic salt

SALAD

4 cups cubed dry (day-old) French bread
2 medium tomatoes, seeded, chopped (1½ cups)
½ cup thin yellow bell pepper strips
⅓ cup sliced green onions
1 (4.5-oz.) can Old El Paso® Chopped Green Chiles
3 tablespoons chopped fresh cilantro

1 In small jar with tight-fitting lid, combine all dressing ingredients; shake well. Set aside.

2 Place bread cubes on broiler pan. Broil 4 to 6 inches from heat for 3 to 5 minutes or until golden brown and crisp, stirring once.

3 In large bowl, combine toasted bread cubes and all remaining salad ingredients; toss to mix. Pour dressing over salad; toss gently to coat.

4 (1½-cup) servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1-1/2 Cups

Calories	250	Calories from Fat	80
		% DAILY VALUE	
Total Fat	9 g	14%	
Saturated	2 g	10%	
Cholesterol	0 mg	0%	
Sodium	700 mg	29%	
Total Carbohydrate	36 g	12%	
Dietary Fiber	3 g	12%	
Sugars	4 g		
Protein	6 g		
Vitamin A	10%	Vitamin C	70%
Calcium	8%	Iron	15%

DIETARY EXCHANGES: 2 Starch, 1 Vegetable, 1-1/2 Fat
OR 2 Carbohydrate, 1 Vegetable, 1-1/2 Fat

COOK'S NOTES

Recipe Fact

Panzanella is an Italian bread salad featuring chunks of bread tossed with tomatoes, onions, fresh basil and vinaigrette. For a southwestern variation, we've added bell pepper, chiles, cilantro and lime.

Make-Ahead Tip

Prepare the bread, vegetables and dressing one day ahead. Store the toasted bread cubes in a resealable plastic bag at room temperature; refrigerate the dressing and vegetables. Just before serving, toss all salad ingredients together.

Recipe Variation

To add flavor and protein to this salad, toss in ½ cup of shredded Cheddar or Monterey Jack cheese.

Lemony Lentil and Pasta Salad

Pictured on right

Prep Time: 25 minutes (Ready in 1 hour 40 minutes)

DRESSING

¼ cup lemon juice
¾ teaspoon salt
2 tablespoons olive or vegetable oil
⅛ teaspoon hot pepper sauce
1 garlic clove, minced

SALAD

1 cup dried lentils, sorted, rinsed
4 oz. (1 cup) uncooked small shell pasta
1 celery stalk, thinly sliced
1 medium carrot, coarsely shredded (⅓ cup)
¼ cup chopped fresh parsley

1 In small bowl, combine all dressing ingredients; beat with wire whisk until well blended. Refrigerate.

2 In medium saucepan, combine lentils and 2 cups water. Bring to a boil. Reduce heat; cover and simmer 15 to 20 minutes or until lentils are tender but not mushy. Drain; rinse with cold water to cool.

3 Meanwhile, cook pasta to desired doneness as directed on package. Drain; rinse with cold water to cool.

4 In large bowl, combine pasta, lentils and all remaining salad ingredients. Pour dressing over salad; toss gently to coat. Refrigerate at least 1 hour to blend flavors. If desired, serve on bed of leaf lettuce.

4 (1¼-cup) servings

NUTRITION INFORMATION PER SERVING:

SERVING SIZE:	1-1/4 Cups		
Calories	330	Calories from Fat	70
		% DAILY VALUE	
Total Fat	8 g	12%	
Saturated	1 g	5%	
Cholesterol	0 mg	0%	
Sodium	430 mg	18%	
Total Carbohydrate	48 g	16%	
Dietary Fiber	16 g	64%	
Sugars	4 g		
Protein	17 g		
Vitamin A	110%	Vitamin C	15%
Calcium	4%	Iron	30%

Low Fat

DIETARY EXCHANGES: 3 Starch, 1-1/2 Very Lean Meat, 1 Fat OR 3 Carbohydrate, 1-1/2 Very Lean Meat, 1 Fat

COOK'S NOTES

Kitchen Tip

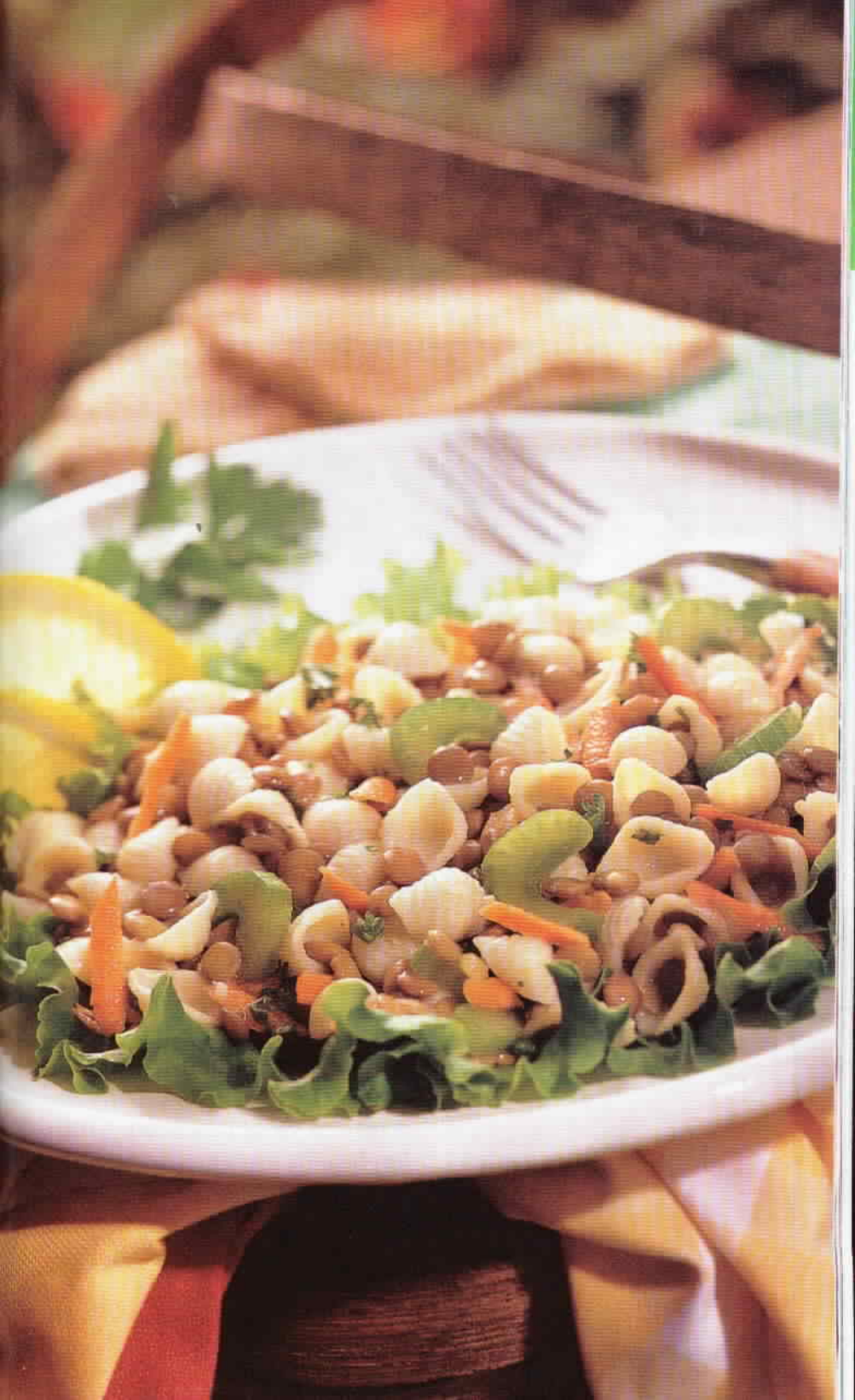
Cook the pasta for this salad *al dente*, Italian for "to the tooth." When bitten into, the shells should be tender but slightly firm, not soft. To retain their shape and texture in the salad, the lentils should also be tender but firm, too.

Recipe Variation

For a Greek lentil salad, use orzo pasta in place of the shells and add one 6-ounce jar of marinated artichoke hearts, drained, to the salad along with a handful of Greek olives. Sprinkle the salad with ¼ cup (1 ounce) of crumbled feta cheese and chopped fresh oregano.

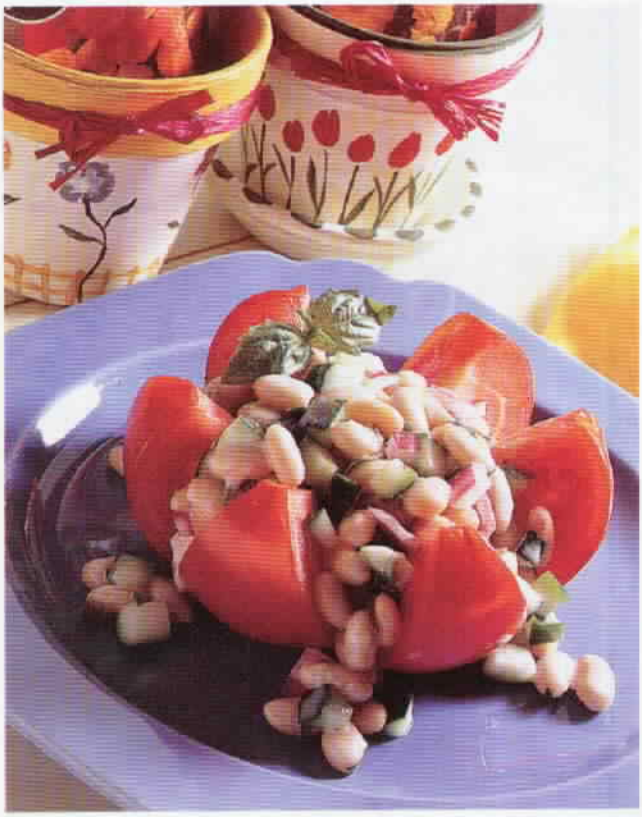
Serving Suggestion

Serve this salad with sliced ripe tomatoes and warm pita bread.



Dig Into a Garden Party

Give guests a jump on gardening with a packet of seeds at each place setting.



Whether spring has sprung or it's still around the corner, delve into the season with a garden party luncheon. Create a garden centerpiece by arranging inexpensive gardening tools around flowers or herbs in clay pots. Or paint a miniature clay pot for each place setting and tuck a seed packet inside the pot.

White Bean Salad in Tomato Flowers

Pictured on left

Prep Time: 10 minutes (Ready in 1 hour 10 minutes)

¾ cup chopped seeded unpeeled cucumber
¼ cup coarsely chopped red onion
1 tablespoon chopped fresh basil leaves
1 (15.5-oz.) can Green Giant® or Joan of Arc® Great Northern Beans, drained, rinsed
¼ cup purchased creamy Italian salad dressing
2 medium tomatoes
Fresh basil sprigs, if desired

1 In medium bowl, combine all ingredients except tomatoes and basil sprigs; toss to coat. Cover; refrigerate at least 1 hour to blend flavors.

2 To make tomato flowers, carefully cut out and discard stem end of each tomato. To form petals, make 6 cuts from top center of each tomato to within 1 inch of bottom, being careful not to cut through bottom. Spread tomato petals slightly.

3 To serve, spoon half of bean mixture into each tomato. Garnish with basil sprigs.

2 servings

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1/2 of Recipe

Calories	300	Calories from Fat	110
		% DAILY VALUE	
Total Fat	12 g	18%	
Saturated	4 g	20%	
Cholesterol	0 mg	0%	
Sodium	550 mg	23%	
Total Carbohydrate	37 g	12%	
Dietary Fiber	11 g	44%	
Sugars	6 g		
Protein	11 g		
Vitamin A	15%	Vitamin C	30%
Calcium	20%	Iron	20%

DIETARY EXCHANGES: 2 Starch, 1 Vegetable, 1/2 Very Lean Meat, 2 Fat **OR** 2 Carbohydrate, 1 Vegetable, 1/2 Very Lean Meat, 2 Fat

Low Fat

COOK'S NOTES

Make It Special

Present tomato flowers on a bed of ruffled leaf lettuce. Arrange lettuce on two individual plates and position each tomato flower on the lettuce. Spoon the salad into the tomato flowers.

Serving Suggestion

To complete the menu for these beautiful tomato flowers, add garlic toast, iced tea and lemon bars.

Asparagus-Cheese-Potato Salad

Pictured on right

Prep Time: 30 minutes (Ready in 1 hour 30 minutes)

DRESSING

- **⅓ cup reduced-calorie mayonnaise**
- **2 tablespoons milk**
- **1 tablespoon Dijon mustard**
- **½ teaspoon dried dill weed**
- **¼ teaspoon garlic powder**

SALAD

- **12 new red potatoes, cut into ¼-inch-thick slices (5 cups)**
- **½ lb. fresh asparagus spears, trimmed, cut into 1-inch pieces**
- **¼ cup chopped red onion**
- **4 oz. colby-Monterey Jack cheese blend, cut into ½-inch cubes**

1 In small bowl, combine all dressing ingredients; blend well. Set aside.

2 In large saucepan, bring 1½ cups water to a boil. Add potatoes; return to a boil. Reduce heat; cover and cook 10 minutes. Add asparagus; cook 4 to 6 minutes or until potatoes and asparagus are crisp-tender. Drain; rinse with cold water to cool.

3 In large bowl, combine cooked potatoes, asparagus, onion and cheese. Add dressing; stir gently to coat. Cover; refrigerate at least 1 hour to blend flavors.

4 (1½-cup) servings

NUTRITION INFORMATION PER SERVING:

SERVING SIZE:	1-1/2 Cups		
Calories	500	Calories from Fat	140
		% DAILY VALUE	
Total Fat	16 g	25%	
Saturated	7 g	35%	
Cholesterol	35 mg	12%	
Sodium	440 mg	18%	
Total Carbohydrate	75 g	25%	
Dietary Fiber	8 g	32%	
Sugars	5 g		
Protein	15 g		
Vitamin A	10%	Vitamin C	50%
Calcium	25%	Iron	25%

DIETARY EXCHANGES: 4-1/2 Starch, 1 Vegetable, 2-1/2 Fat **OR** 4-1/2 Carbohydrate, 1 Vegetable, 2-1/2 Fat

COOK'S NOTES

Ingredient Info

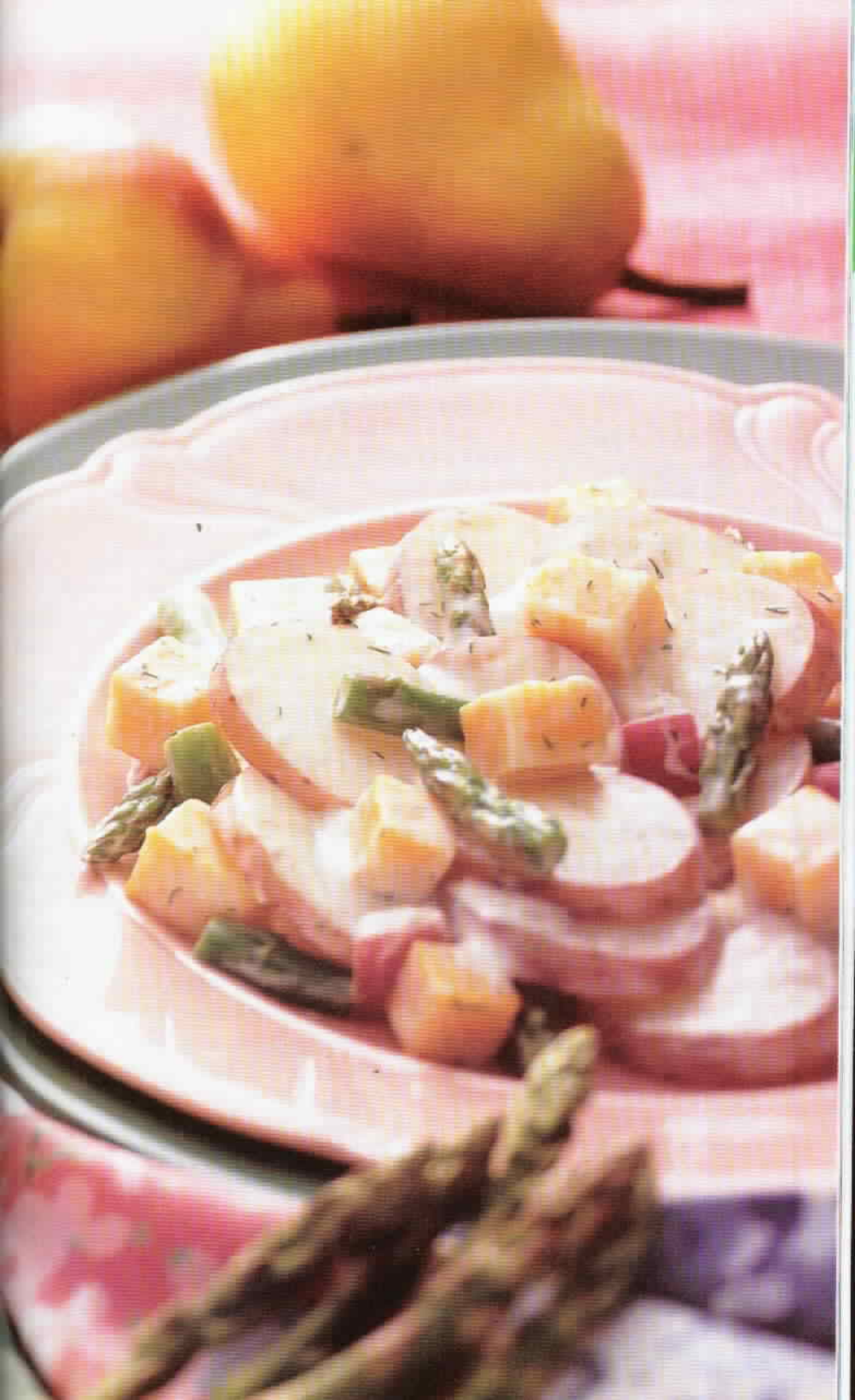
New potatoes are young potatoes that haven't had time to completely convert their sugars into starch. They have thin skins and a crisp, waxy texture. Since new potatoes retain their shape even after being cooked and cut, they work well in potato salads.

Healthy Hint

To lower the fat content of this salad by about 3 grams of fat per serving, try a reduced-fat cheese, such as Cheddar or colby.

Serving Suggestion

Dark pumpernickel bread and fresh pear wedges go well with this main dish potato salad.



Quinoa Mandarin Salad

Pictured on page 72

Prep Time: 35 minutes (Ready in 1 hour 35 minutes)

SALAD

1 cup uncooked quinoa
1 (11-oz.) can mandarin orange segments, drained, reserving liquid
6 oz. (2 cups) fresh snow pea pods, trimmed, cut in half diagonally
⅓ cup sliced green onions
Leaf lettuce leaves

DRESSING

1 tablespoon sugar
¼ teaspoon salt
3 tablespoons vinegar
2 tablespoons oil
⅛ teaspoon hot pepper sauce

1 Rinse quinoa thoroughly with running cold water; drain well. Add enough water to reserved mandarin orange liquid to make 2 cups.

2 In medium saucepan, combine quinoa and orange liquid mixture. Bring to a boil. Reduce heat to medium-low; cover and simmer 14 to 16 minutes or until quinoa is tender and liquid is absorbed. Remove from heat. Stir in pea pods and onions. Cool 10 minutes.

3 Meanwhile, in small jar with tight-fitting lid, combine all dressing ingredients; shake well. Refrigerate until serving time.

4 In medium bowl, combine quinoa mixture and mandarin orange segments. Cover; refrigerate at least 1 hour or until chilled.

5 Just before serving, line 4 individual salad plates with lettuce. Pour dressing over salad; stir gently to coat. Spoon salad onto lettuce-lined plates.

4 (1½-cup) servings

COOK'S NOTES

Kitchen Tip

Be sure to rinse quinoa thoroughly in cold water to remove the bitter natural coating.

Make It Special

Top this salad with toasted slivered almonds to complement the slightly nutty flavor of the quinoa. To toast the almonds, spread them on a cookie sheet and place them in a 350°F. oven for 5 to 10 minutes, stirring frequently until golden brown. Immediately remove the almonds from the cookie sheet to prevent further browning.

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1-1/2 Cups

Calories	290	Calories from Fat	80
		% DAILY VALUE	
Total Fat	9 g	14%	
Saturated	1 g	5%	
Cholesterol	0 mg	0%	
Sodium	150 mg	6%	
Total Carbohydrate	45 g	15%	
Dietary Fiber	5 g	20%	
Sugars	13 g		
Protein	8 g		
Vitamin A	25%	Vitamin C	100%
Calcium	8%	Iron	30%

DIETARY EXCHANGES: 2 Starch, 1 Fruit, 1-1/2 Fat
OR 3 Carbohydrate, 1-1/2 Fat

Serving Suggestion

This salad goes well with sesame seed rolls and a refreshing dessert of lemon sherbet and fortune cookies.

Quick Creamy Corn Soup

Pictured on page 91

EASY

Prep Time: 20 minutes

1 (15-oz.) can Green Giant® Cream Style Sweet Corn
1 (11-oz.) can Green Giant® Mexicorn® Whole Kernel Corn, Red and Green Peppers, undrained
2 cups water
½ teaspoon dried basil leaves
⅛ teaspoon garlic powder
1 (8-oz.) container nonfat or light sour cream

In medium saucepan, combine all ingredients except sour cream. Bring to a boil. Reduce heat to medium; simmer 5 minutes to blend flavors.

Stir in sour cream; cook until thoroughly heated.

4 (1⅓-cup) servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1-1/3 Cups

Calories	190	Calories from Fat	10
		% DAILY VALUE	
Total Fat	1 g	2%	
Saturated	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	900 mg	38%	
Total Carbohydrate	39 g	13%	
Dietary Fiber	3 g	12%	
Sugars	17 g		
Protein	7 g		
Vitamin A	10%	Vitamin C	4%
Calcium	8%	Iron	2%

DIETARY EXCHANGES: 2-1/2 Starch
OR 2-1/2 Carbohydrate

COOK'S NOTES

Ingredient Info

The sour cream in this soup produces a creamy texture. In addition to being lower in fat, nonfat or light sour cream products hold together better when cooked than regular sour cream, which can curdle when heated.

Recipe Variation

For a spicy variation, add one 4.5-ounce can of Old El Paso® Chopped Green Chiles and garnish the soup with chopped fresh cilantro.

Serving Suggestion

Add a crisp green salad, hearty whole grain rolls with black bean spread, and berries over frozen yogurt to round out the meal.

Florentine Pasta and Bean Soup

Pictured on page 73

EASY

Prep Time: 25 minutes

1 (1-lb.) pkg. Green Giant® Pasta Accents® Florentine Frozen Vegetables with Pasta
1 (14½-oz.) can ready-to-serve vegetable broth
1 (15-oz.) can Progresso® Cannellini Beans, drained, rinsed
2 cups water
4 tablespoons purchased pesto

1 In large saucepan, combine all ingredients except pesto; mix well. Bring to a boil. Reduce heat to low; cover and simmer 8 to 10 minutes or until vegetables are crisp-tender, stirring occasionally.

2 To serve, ladle soup into 4 individual bowls. Top each serving with 1 tablespoon pesto.

4 (1½-cup) servings

NUTRITION INFORMATION PER SERVING:

SERVING SIZE:	1-1/2 Cups		
Calories	340	Calories from Fat	120
		% DAILY VALUE	
Total Fat	13 g	20%	
Saturated	3 g	15%	
Cholesterol	15 mg	5%	
Sodium	1180 mg	49%	
Total Carbohydrate	42 g	14%	
Dietary Fiber	7 g	28%	
Sugars	5 g		
Protein	13 g		
Vitamin A	70%	Vitamin C	4%
Calcium	25%	Iron	15%

Low Fat

DIETARY EXCHANGES: 3 Starch, 1/2 Very Lean Meat, 2 Fat **OR** 3 Carbohydrate, 1/2 Very Lean Meat, 2 Fat

COOK'S NOTES

Recipe Fact

"Florentine" refers to food prepared in the style of Florence, a city in Italy. Traditionally, florentine dishes consisted of eggs or fish presented on a bed of spinach and topped with a white cheese sauce. Today, the term describes food containing spinach and Parmesan cheese, such as this quick pasta soup.

Ingredient Substitution

Great northern beans can be substituted for the cannellini beans.

Serving Suggestion

To complete the meal, serve this hearty soup with rustic hearth bread and a slightly dry white wine, such as Soave or Chardonnay.

Tomato-Barley Soup

EASY

Pictured on page 72

Prep Time: 5 minutes (Ready in 30 minutes)

1 cup thinly sliced celery
½ cup uncooked quick-cooking barley
2 cups water
1 (14.5-oz.) can diced tomatoes with Italian-style herbs, undrained
1 (11.5-oz.) can (1½ cups) tomato juice

1 In medium saucepan, combine all ingredients. Bring to a boil over medium-high heat.

2 Reduce heat to low; cover and simmer 10 to 12 minutes or until barley is tender. If desired, add salt and pepper to taste.

4 (1½-cup) servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1-1/2 Cups

Calories	130	Calories from Fat	10
		% DAILY VALUE	
Total Fat	1 g	2%	
Saturated	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	550 mg	23%	
Total Carbohydrate	25 g	8%	
Dietary Fiber	4 g	16%	
Sugars	5 g		
Protein	4 g		
Vitamin A	20%	Vitamin C	35%
Calcium	6%	Iron	8%

Low-Fat

DIETARY EXCHANGES: 1 Starch, 2 Vegetable
OR 1 Carbohydrate, 2 Vegetable

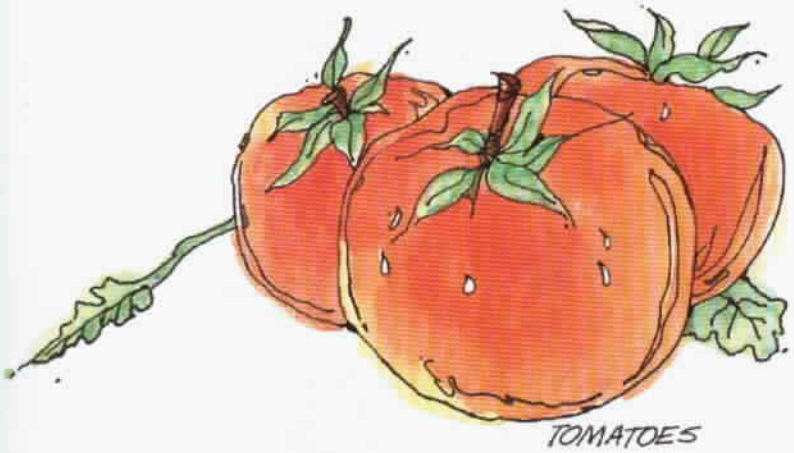
COOK'S NOTES

Ingredient Substitution

Use ¾ cup of uncooked instant rice in place of the quick-cooking barley. Follow the recipe as directed, simmering the rice 6 to 8 minutes or until tender.

Serving Suggestion

Serve this tomato soup with toasted focaccia: Sprinkle the focaccia with shredded fresh Parmesan cheese. Broil it 4 to 6 inches from the heat until the cheese is melted and lightly browned, about 1 to 2 minutes. For a beverage, offer sparkling water or milk.



Italian Bean and Pasta Stew

Pictured on right

Prep Time: 15 minutes (Ready in 45 minutes)

1 tablespoon olive or vegetable oil
2 small carrots, thinly sliced
1 medium onion, chopped
1 celery stalk, thinly sliced
1 garlic clove, minced
1 (9-oz.) pkg. Green Giant® Harvest Fresh® Frozen Baby Lima Beans
½ cup dried lentils, sorted, rinsed
1 (14 ½-oz.) can ready-to-serve vegetable broth
1 cup water
1 (14.5-oz.) can diced tomatoes with Italian-style herbs, undrained
¼ cup uncooked orzo or rosamarina (rice-shaped pasta)

1 Heat oil in large saucepan over medium-high heat until hot. Add carrots, onion, celery and garlic; cook and stir 2 to 3 minutes or until vegetables are crisp-tender.

2 Add lima beans, lentils, broth and water. Bring to a boil. Reduce heat; simmer uncovered 15 minutes.

3 Stir in tomatoes and orzo. Return to a boil. Reduce heat; simmer 13 to 15 minutes or until lentils and orzo are tender, stirring occasionally.

4 (1½-cup) servings

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1-1/2 Cups

Calories	310	Calories from Fat	45
		% DAILY VALUE	
Total Fat	5 g	8%	
Saturated	1 g	5%	
Cholesterol	0 mg	0%	
Sodium	820 mg	34%	
Total Carbohydrate	54 g	18%	
Dietary Fiber	13 g	52%	
Sugars	9 g		
Protein	13 g		
Vitamin A	160%	Vitamin C	25%
Calcium	8%	Iron	25%

Low-Fat

DIETARY EXCHANGES: 3 Starch, 1-1/2 Vegetable, 1/2 Very Lean Meat, 1/2 Fat **OR** 3 Carbohydrate, 1-1/2 Vegetable, 1/2 Very Lean Meat, 1/2 Fat

COOK'S NOTES

Ingredient Substitution

One and one-half cups of sweet beans, or green vegetable soy beans, can be used in place of the 9-ounce package of lima beans. Sweet beans are soybeans harvested just prior to their maturity. Look for sweet beans in the freezer section of the supermarket, food co-op or Asian grocery store.

Healthy Hint

This hearty combination of pasta, lima beans, and lentils provides complete protein. This recipe is also an excellent source of dietary fiber.

Serving Suggestion

Serve this stew with warm focaccia and red and green grapes.

Southwestern Vegetable Stew

Pictured on left

Prep Time: 20 minutes (Ready in 40 minutes)

1 tablespoon oil
1 medium onion, coarsely chopped
1 garlic clove, minced
½ lb. new red potatoes, cut into ½-inch cubes (1½ cups)
½ cup Green Giant® Niblets® Frozen Corn
¼ cup chopped red bell pepper
1 (14.5-oz.) can white hominy, drained, rinsed
1 (14½-oz.) can ready-to-serve vegetable broth
1 (4.5-oz.) can Old El Paso® Chopped Green Chiles
1 teaspoon chili powder
½ teaspoon dried oregano leaves
1 medium zucchini, quartered lengthwise, cut into ¼-inch slices (1 cup)
4 teaspoons chopped fresh cilantro

1 Heat oil in large saucepan over medium-high heat until hot. Add onion and garlic; cook 2 to 3 minutes or until onion is crisp-tender and garlic just begins to brown, stirring frequently.

2 Add all remaining ingredients except zucchini and cilantro. Bring to a boil. Reduce heat; cover and simmer 10 minutes.

3 Add zucchini; simmer uncovered an additional 8 to 10 minutes or until zucchini is tender. Sprinkle with cilantro.

4 (1¼-cup) servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1-1/4 Cups

Calories	230	Calories from Fat	45
		% DAILY VALUE	
Total Fat	5 g	8%	
Saturated	1 g	5%	
Cholesterol	0 mg	0%	
Sodium	710 mg	30%	
Total Carbohydrate	40 g	13%	
Dietary Fiber	7 g	28%	
Sugars	7 g		
Protein	5 g		
Vitamin A	20%	Vitamin C	40%
Calcium	8%	Iron	15%

DIETARY EXCHANGES: 2 Starch, 1 Vegetable, 1 Fat
OR 2 Carbohydrate, 1 Vegetable, 1 Fat

COOK'S NOTES

Recipe Fact

This vegetable stew is reminiscent of posole, a traditional Mexican main-course soup made with pork or chicken, broth, hominy, onion, garlic, dried chiles and cilantro.

Ingredient Info

Hominy is white or yellow corn kernels from which the hull and germ have been removed.

Serving Suggestion

Accompany this stew with cheese nachos: Place tortilla chips on a microwave-safe plate and sprinkle them with shredded Monterey Jack or Cheddar cheese. Microwave on HIGH for 30 to 60 seconds or until the cheese is melted. Iced tea with lime or flavored sparkling water completes the meal.

Two-Potato Chowder

Pictured on right

Prep Time: 25 minutes (Ready in 50 minutes)

1 tablespoon margarine or butter
1 medium onion, chopped
1 celery stalk, thinly sliced
1 garlic clove, minced
2 medium potatoes, cut into ½-inch cubes (2 cups)
2 small sweet potatoes, peeled, cut into ½-inch cubes (2 cups)
1 (14 ½-oz.) can ready-to-serve vegetable broth
2 cups milk
3 tablespoons Pillsbury BEST® All Purpose Flour
½ teaspoon salt
Dash ground red pepper (cayenne)
¼ cup sliced green onions

1 Melt margarine in large saucepan over medium heat. Add onion, celery and garlic; cook and stir 3 to 4 minutes or until vegetables are crisp-tender.

2 Add white potatoes, sweet potatoes and broth. Bring to a boil. Reduce heat to low; cover and simmer 15 to 20 minutes or until potatoes are tender.

3 In medium bowl, combine ½ cup of the milk and flour; mix until smooth. Stir in remaining milk, salt and ground red pepper until well mixed. Stir into soup; cook over medium heat for 3 to 5 minutes or until bubbly and thickened, stirring constantly.

4 To serve, ladle soup into 4 individual soup bowls. Sprinkle each with green onions.

4 (1½-cup) servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1-1/2 Cups

Calories	290	Calories from Fat	50
		% DAILY VALUE	
Total Fat	6 g	9%	
Saturated	2 g	10%	
Cholesterol	10 mg	3%	
Sodium	910 mg	38%	
Total Carbohydrate	50 g	17%	
Dietary Fiber	6 g	24%	
Sugars	14 g		
Protein	8 g		
Vitamin A	280%	Vitamin C	40%
Calcium	20%	Iron	15%

DIETARY EXCHANGES: 3 Starch, 1 Fat
OR 3 Carbohydrate, 1 Fat

Low Fat

COOK'S NOTES

Healthy Hint

Sweet potatoes are an excellent source of beta carotene, an antioxidant which is converted into vitamin A by the body. Major food sources of vitamin A and beta-carotene include carrots, pumpkin, spinach, cantaloupe, red bell peppers, apricots and collard greens.

Make It Special

Sprinkle each serving with oyster crackers or fish-shaped Cheddar crackers.

Recipe Variation

For a heartier chowder, add 1 cup of Green Giant® Frozen Sweet Peas, thawed, with the milk.

Serving Suggestion

Complement this sweet soup with crisp breadsticks and a fresh fruit salad garnished with mint.

Top to bottom:
Quick Creamy Corn Soup p. 83,
Two-Potato Chowder

index

APPETIZERS AND SNACKS

Mushroom Pita Triangles – L 51

DESSERTS

Lemon Sorbet Sundaes in Phyllo Cups – L 54

MAIN COURSES

MEATLESS

Asparagus Potato Frittata – LO . 23
Broccoli Polenta Timbales – L. 22
Broccoli Rice Quiche – LO 18
Bulgur-Stuffed Eggplant – L. 8
Coconut Curried Vegetables with Rice – V 14
Corn Cakes with Orange-Black Bean Salsa – LO 20
Five-Spice Mushroom and Broccoli Stir-Fry – V 30
Garden Vegetable Calzones – LO 26
Garden Variety Risotto – L. 17
Kidney Bean Lasagna Skillet – L. 35
Linguine Vegetable Toss – L. . . . 47
Mediterranean Pasta Torte – LO 52
Mexican Rice and Veggie Skillet – V 39
Mexi-Topped Potatoes – L 7
Penne with Artichoke Sauce and Feta – L. 42
Peppers Olé – L 13
Ravioli with Tomatoes and Zucchini – L 44
Rotini with Sweet Potato Sauté – L 38
Salisbury Veggie Burgers – V . . . 28
Spicy Corn and Zucchini with Ramen Noodles – V. 36
Spinach and Tofu Manicotti – L 41
Spinach Lasagna – L 43
Spinach Potato Loaf – LO 24
Sweet and Sour Tofu Stir-Fry – V. 29
Vegetable Chili Skillet Supper – L 33
Vegetarian Fried Rice – LO 19
Veggie Kabobs with Cumin-Scented Couscous – V 6

PIZZAS

Gourmet Pizza for Two – LO 69
Three-Pepper Pizza – L 71

SALADS AND SALAD DRESSINGS

Asparagus-Cheese-Potato Salad – LO 80
Green Chile Panzanella Salad – V 75
Lemony Lentil and Pasta Salad – V 76
Quinoa Mandarin Salad – V. 82
White Bean Salad in Tomato Flowers – L 79

SANDWICHES AND FILLINGS

Asparagus Melts with Horseradish Sauce – L 65
Barbecue Sloppy Joes – V. 68
Broccoli Salad Pitas – LO 58
Portobello Muffuletta Sandwiches – LO 60
Red Pepper Hummus Pockets – V 62
Sizzling Fajitas – L 66
Veggie Bagel Sandwiches – L 59

SOUPS, CHILIES AND STEWS

Florentine Pasta and Bean Soup – L 84
Italian Bean and Pasta Stew – V. 86
Quick Creamy Corn Soup – L . . . 83
Southwestern Vegetable Stew – V. 89
Tomato-Barley Soup – V 85
Two-Potato Chowder – L 90

L = lacto LO = lacto-ovo V = vegan
(see page 2 for definitions)

how to use our nutrition information

The key to healthy eating is a varied diet including many fruits, vegetables and grains. The detailed nutrition information in Classic® Cookbooks can help you estimate the contribution of specific recipes in your overall menu plan. At the end of each recipe, we list the calories per serving as well as the amount of fat, cholesterol, sodium, carbohydrate, dietary fiber, sugars, protein, vitamins A and C, calcium and iron.

- Each recipe also lists Percent Daily Values (% DVs). The % DVs tell you how much the nutrients in one serving of food contribute to a 2000-calorie diet. For example, if the DV for total fat is 10%, this means one serving of this food contributes 10% of the total fat suggested for a person on 2000 calories per day.
- We also include dietary exchanges for those of you who prefer this nutritional "accounting" method over traditional calorie watching. If you are following a medically prescribed diet, consult your physician or registered dietitian about this nutrition information.

How to Calculate Nutrition Information:

To determine a serving size for calculating nutrients for a recipe, we base our analysis on a single unit (for example, 1 cookie) or a specific amount (1 cup).

Other considerations for calculating nutrition information are:

- The first ingredient mentioned when the recipe gives options—for example, if "butter or margarine" is listed, butter would be calculated
- The larger amount of an ingredient when there's a range
- Garnishing or "if desired" ingredients when included in the ingredient list
- The estimated amount of marinade or frying oil absorbed during preparation

Tailoring Your Daily Diet

The chart below outlines some average daily nutritional needs for moderately active adults. Since your sex, age, size and activity level all affect dietary considerations, your requirements may deviate from those shown here.

What You Need Daily	Women Age: 25-50	Women Over 50	Men 25-50
Calories	2200	1900	2900
Total Fat	73 g or less	63	97
Saturated Fat	24 g or less	21	32
Cholesterol	300 mg or less	300	300
Sodium	2400 mg	2400	2400
Calcium	800 mg	800	800
Iron	15 mg	10	10

(Note: Although individual needs vary, a 2000-calorie diet is used as the reference diet on packaging because it approximates average daily requirements and provides a round number for easier calculating.)

Our Experts Behind the Scenes:

Our team of professionals, including registered dietitians and home economists, is dedicated to delivering comprehensive nutrition information to make your job of planning nutritious menus for you and your family just a little easier. Current information from the USDA and food manufacturer's labels are used to provide up-to-date nutrient values.

Left to right: Mediterranean Pasta Torte p. 52, Mushroom Pita Triangles p. 51

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